

Road to **WELLfluent**TM

Embrace better health.

Best Outdoor Activities for Staying in Shape

For getting fit and staying in shape, experts say there's no single type of exercise that's considered "the best." The most important thing is that you like the activity you enjoy.

Here is important information on some popular activities and tips on how to stay motivated.

Walking

One easy way to get fit outdoors is to take a walk; research shows that brisk walking on a regular basis can improve the health of your heart, lungs and circulatory system; reduce your risk of heart disease and type 2 diabetes and help you maintain a healthy weight. Walking is a low-impact exercise, so it's easy on the joints and muscles. According to the Centers for Disease Control and Prevention (CDC), just 10 minutes of brisk walking, three times a day for five days a week is enough to improve your aerobic health.

Running

Like walking, running helps improve your cardiovascular fitness. If you chose to run rather than walk, you don't need to exercise for quite as long. According to the most recent physical activity guidelines from the U.S. Department of Health and Human Services (HHS), adults can do 75 minutes of vigorous-intensity activity, such as running, to get the same benefits as 150 minutes of moderate-intensity activity.

Swimming

Swimming is another good way to improve your aerobic fitness, and it offers health benefits similar to those of walking and running; what's more, because swimming is easy on your joints.. According to the CDC, swimming may be particularly good for older adults, as it may help strengthen core muscles and reduce the risk of falls.. Additionally, swimming may help people with arthritis increase the use of their joints without worsening their symptoms.



Cycling

Cycling is another low-impact exercise that provides health benefits but is easy on your and joints. Studies suggest that even a little biking can help people avoid weight gain. Biking may even be good for your mental health, with some studies finding that cycling to work is linked with better well-being than driving to work. Always remember to wear a helmet.

Getting motivated

It may be difficult to keep up a regular exercise routine. For more outdoor activity tips and to help you overcome some of the most common barriers to exercise, visit <https://www.livescience.com/59288-best-outdoor-activities-exercise.html>

Source: LiveScience.com

National Infant Immunization Week (NIIW)

National Infant Immunization Week (NIIW) is an annual observance to promote the benefits of immunizations and to improve the health of children two years old or younger. Since 1994, local and state health departments, national immunization partners, healthcare professionals, community leaders from across the United States, and the Centers for Disease Control and Prevention (CDC) have worked together through NIIW to highlight the positive impact of vaccination on the lives of infants and children, and to call attention to immunization achievements.

2018 NIIW

NIIW, set for April 21-28, 2018, will be celebrated as part of World Immunization Week (WIW), an initiative of the World Health Organization (WHO). During WIW, all six WHO regions, including more than 180 Member States, territories, and areas, will simultaneously promote immunization, advance equity in the use of vaccines and universal access to vaccination services, and enable cooperation on cross-border immunization activities.

Milestones Reached

Several important milestones already have been reached in controlling vaccine-preventable diseases among infants worldwide. Vaccines have drastically reduced infant death and disability caused by preventable diseases in the United States. In addition:

- Through immunization, we can now protect infants and children from 14 vaccine-preventable diseases before age two.
- In the 1950's, nearly every child developed measles, and unfortunately, some even died from this serious disease. Today, many practicing physicians have never seen a case of measles.



- Routine childhood immunization in one birth cohort prevents an estimated 381 million illnesses, 24.5 million hospitalizations, and 855,000 early deaths over the course of their lifetimes, at a net savings of \$360 billion in direct costs and \$1.65 trillion in total societal costs.
- The National Immunization Survey has consistently shown that childhood immunization rates for vaccines routinely recommended for children remain at or near record levels.

It's easy to think of these as diseases of the past. But the truth is they still exist. Children in the United States can—and do—still get some of these diseases.

One example of the seriousness of vaccine preventable diseases is an increase in measles cases or outbreaks that were reported in 2014. The United States experienced a record number of measles cases, with 667 cases from 27 states reported to CDC's NCIRD. This was the greatest number of cases in the U.S. since measles was eliminated in 2000.

Source: <https://www.cdc.gov/vaccines/events/niiw/overview.html>



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April 2018

Talking To Kids About Alcohol - 5 Conversation Goals



1. Show you disapprove of underage drinking.

More than 80% of young people ages 10-18 say their parents are the leading influence on their decision to drink or not drink.

2. Show you care about your child's happiness & well-being.

Young people are more likely to listen when they know you're on their side. Try to reinforce why you don't want your child to drink—not just because you say so, but because you want your child to be happy and safe.

3. Show you're a good source of information about alcohol.

You want your child to be making informed decisions about drinking, with reliable information about its dangers. You don't want your child to be learning about alcohol from friends, the internet, or the media—you want to establish yourself as a trustworthy source of information.

4. Show you're paying attention and you'll notice if your child drinks.

You want to show you're keeping an eye on your child, because young people are more likely to drink if they think no one will notice. There are many subtle ways to do this without prying.

5. Build your child's skills and strategies for avoiding underage drinking.

Even if your child doesn't want to drink, peer pressure is a powerful thing. It could be tempting to drink just to avoid looking uncool. To prepare your child to resist peer pressure, you'll need to build skills and practice them.

Keep it low-key. Don't worry, you don't have to get everything across in one talk. Many small talks are better.

Source: <https://www.samhsa.gov/underage-drinking/parent-resources/five-conversation-goals>

APRIL EVENTS

Date	Time	Event	Location	Description
Saturday April 7, 2018	8:00 am	ESA Hearts St. Jude 5K	UF Commuter Lot, 2015 Gale Lemerand Dr., Gainesville, FL 32603	A 5K hosted by the University of Florida's Epsilon Sigma Alpha - Delta Chi chapter. The money raised is donated to St. Jude Children's Research Hospital. It will be a lot of fun with lots of food, raffle prizes, and friends. Please come out to the Commuter lot off of Gale Lemerand Dr. to support St. Jude!
Saturday April 7, 2018	7:45 am	Tough Mudder - Miami	Amelia Earhart Park, 401 E. 65th St., Hialeah, FL, 33013	Tough Mudder is more than a mud run - it's an epic teamwork experience. Lace up to break free from the everyday and show your weekend who's boss. No timing chips or first-place medals here - just an un-timed challenge that'll show you what you're made of and teach you what teamwork is all about. https://toughmudder.com/events/2018-miami
Thursday April 26, 2018	6:45 pm	Corporate Run - Downtown Miami	301 Biscayne Blvd., Miami, FL 33132	The purpose of the Mercedes-Benz Corporate Run presented by Turkish Airlines is to promote running and walking as a means to a fit, healthy lifestyle for people from all walks of corporate life. A healthy employee makes a healthy company! http://www.mercedesbenzcorporaterun.com/miami.php

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