

*healthy choices*



*live well. be well.*

# Set Goals that work for you

Whether you're setting new exercise goals for 2021 or making changes to your physical activity routine, it's important to find a fitness plan that fits your needs, and keep the focus on overall health and wellness.

2021  
START

## Fitness Tips

1. If you're just starting an exercise routine, start "slow and easy."
2. Start by committing to 15- 20-minute sessions of physical activity ramping up both intensity and duration over time.
3. Don't expect too much too fast.
4. Exercising every day or almost every day changes the question from "Do I exercise?" To "When do I exercise?"

## Get moving at home

Consider joining on line fitness classes to stay motivated and accountable.

Virtual zoom dance party with friends is fun and helps you stay fit.

Walking is free and can be easy to work into your schedule.

**Mixing up your routine is important. Even at home, you can incorporate resistance training by using hand weights or resistance bands to improve muscle strength and contribute to lean body mass, which are important as you grow older.**

The Welfare Fund offers

# Benefits

TO HELP YOU ON YOUR JOURNEY TO KEEP YOU

# Healthy

And

# Happy



## Benefits

### Mental Health

MAP counseling sessions  
Plan pays 100% of approved sessions.  
Office visit with Mental Health  
\$15 copayment per visit.

### Immunizations

Immunizations based on CDC guidelines  
Plan pays 100%; no deductible.

### Smoking Cessation

Smoking Cessation medication is covered at 100%;  
participating network pharmacies.

### Preventive Care Services

Preventive Care Services as recommended with A or B  
rating by the United States Preventive Services Task  
Force and preventive care and screenings for women  
as provided for in the comprehensive guidelines  
supported by the Health Resources and Services  
Administration. 100%- no copay or deductible.



For more information please visit us at visit us at

[www.655hw.org](http://www.655hw.org)