



eat crunchier snacks.

healthy changes
everything:



BlueShield
of Northeastern New York

Wellness News

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January 6-12 is National Folic Acid Awareness Week

Folic acid (folate) is a B-vitamin essential to the development of healthy cells. Everyone needs folic acid, especially women of child-bearing age. Folate plays a critical role in the prevention of birth defects such as spina bifida. Talk to your doctor or pharmacist to see if you may need folate supplementation.

You can get folate from enriched foods such as:

- Cereals
- Breads
- Pasta
- White rice
- Flour
- Cornmeal

Visit cdc.gov/folicacid

Did you know?

Folic acid should be taken before pregnancy to help prevent birth defects.

Do one thing.

Ask your doctor how much folic acid you need daily.

National Radon Action Month

Radon is the number one cause of lung cancer among non-smokers. It is an odorless, tasteless gas produced by the decay of uranium in soil and water that can seep through cracks in foundations and basements. A simple radon detection kit can determine if your house has levels above the safe exposure threshold.

Visit epa.gov/radon for more information.

Did you know?

Lung cancer has the third highest mortality rate among all cancers.

Do one thing.

Purchase a radon test kit at your local hardware store.

What information would you like to see in our next newsletter?

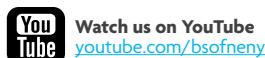
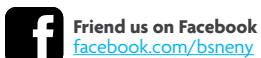
We want to hear from you.

Go to our Facebook page and let us know!

This newsletter is brought to you by the Health Promotion Department at BlueShield of Northeastern New York. For more information about the services we offer, please call 1-518-220-5744.

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Get Fit – Bodyweight Training

Bodyweight training is an old concept that is currently re-emerging due to its effectiveness. There are no costs or equipment needed to participate in this type of exercise; all you need is a little space in your home.

Some key moves are:

- Squats
- Push-ups
- Lunges
- Bicycle crunches
- Planks
- Pelvic bridges

For help planning a workout, contact your BlueShield health coach at 1-877-878-8785.

Did you know?

A pound of muscle burns about five and a half times more calories than a pound of fat.

Do one thing.

Do squats, lunges, or push-ups during commercial breaks when watching television.

Live Fit – Volunteer

In honor of Martin Luther King Jr., January 21 is “King Day of Service.” Americans are encouraged to volunteer their time to help those in need. Volunteerism not only helps to improve the lives of others, but also brings a strengthened sense of community and personal fulfillment.

To find volunteer opportunities in your area visit serve.gov/.

Did you know?

Studies show that individuals who volunteer regularly live longer.

Do one thing.

Volunteer a few hours of your time each month.

Eat Fit – Portion Control

When it comes to weight loss, portion control is the key to success. Try these visual reminders to keep portion sizes in check:

Serving size	Visual reminder
Meat, 3 - 5 ounces	Deck of cards
Fish, 3 ounces	Checkbook
Medium-sized piece of fruit	Baseball
1 ounce of cheese	2 dice
1 cup of veggies	An adult-sized fist
1 cup of cooked pasta/rice	Tennis ball
2 tablespoons of oil/dressing/peanut butter	Ping-pong ball
Baked potato	Computer mouse



Did you know?

In 1993, the average soda was 6-1/2 ounces and 85 calories; today the average is 20 ounces and 250 calories.

Do one thing.

Place food on a plate instead of eating from the bag or box.



Visit eatright.org for more portion control tips.