



Introducing Walk to Wellness, Enroll by March 31

You don't need a gym membership, special clothing or expensive equipment to enjoy the benefits of exercise. All you need are the right shoes.

Walk to Wellness begins April 1, 2011. It's a four-week program to help you incorporate walking into your schedule to realize the results of regular exercise.

Developed by health experts at Mayo Clinic, this program provides fun and useful information such as how to use a pedometer, how to select the right kind of walking shoes, and how to time and log your walking activity. You'll learn new strategies to help get co-workers, friends and family involved. You'll have a fantastic online tool for logging and tracking walking activity. You'll get motivational support along with way.

On top of that, you can earn Carpenters Rewards points for participating—50 points for enrollment and an additional 100 points for reaching your goal and completing a survey.

Like all Built to Last programs, Walk to Wellness costs nothing out of pocket. However, this program is only available April 1-28, 2011. Register today by logging on to www.carpentershealth.org. Just look for program information on your home page.

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Less than half of American adults exercise regularly—and it shows. One in three adults is obese, along with one in five children, according to the Centers for Disease Control and Prevention. However, the concern is not appearance. It's the fact that obesity often coincides with chronic diseases such as heart disease, cancer, stroke, and diabetes, which are responsible for 7 out of 10 deaths every year. Chronic diseases are the leading causes of death in America.

However, these diseases are highly preventable with exercise and other lifestyle changes. Join Walk to Wellness and get moving to better health.

Walk to Wellness in 4 Easy Steps

1. Enroll at www.carpentershealth.org
2. Set your goal
3. Start walking
4. Track your progress online



Exercise: The Original All-Natural “Magic Pill”

For an exercise program, Walk to Wellness is about as simple as it gets. But don't let its low-impact simplicity mislead you to believe walking can't be a life-changing experience. To the contrary, aerobic exercise has been called a “magic pill” by Mayo Clinic doctors because of its numerous health benefits. Aerobic exercise such as walking, jogging and biking can help:

- Burn calories
- Strengthen muscles
- Increase HDL (good cholesterol)
- Lower triglycerides
- Relieve stress and improve mood
- Improve heart health
- Reduce risk of cardiovascular and coronary heart disease
- Lower blood pressure and blood sugar levels

Walk to Wellness makes exercise easy.
Enroll today at www.carpentershealth.org

Aim for 150 Minutes of Exercise per Week

People sometimes assume that more is better. But exercising too much too soon or doing intense exercises on a daily basis is likely to create muscle/tendon strains, loss of lean tissue, and fitness-level plateaus.

How much exercise is enough?

Mayo Clinic recommends 150 minutes of aerobic exercise per week.

Divide that up over 5 days and you end up with a daily goal of 30 minutes a day. If you are a beginner, start slow and work your way up. If you are experienced, you might have no trouble exercising 200 minutes per week.



Flexibility is important, so make the time to stretch. When the body is warmed up, perform five to 10 stretches that

target the major muscle groups. Hold each stretch 10 to 30 seconds.

No Time for Exercise? Here Are Some Tips

It's one thing to schedule time to exercise and decide not to do it. Most adults understand the need to be flexible, because things do come up. But it's a more serious situation if you have altogether given up trying to fit regular exercise into your busy schedule. Well, don't give up just yet. Here are some ideas.

1. Keep a journal of all your activities for seven days. Find ways to fit in 30, 20, 10 minutes for exercise.
2. Choose activities that don't require a lot of time, such as walking your neighborhood.
3. Turn family time into exercise time by taking a family bike ride or teaching your children to jump rope, play basketball, hula hoop.
4. Try breaking down your daily exercise goal into “bite-size” pieces. Three 10-minute exercise sessions are as good as one 30-minute session.



Diabetes Alert Day: Are You at Risk?

On March 22, the American Diabetes Association will be sponsoring Alert Day, a one-day “wake-up call” for Americans to find out if they are at risk for developing type 2 diabetes. Here are the risk factors you should be aware of.



- **Weight:** The more fatty tissue you have, the more resistant your cells become to insulin.
- **Inactivity:** Physical activity helps you control your weight, uses up glucose as energy and makes your cells more sensitive to insulin. Exercising less than three times a week may increase your risk of type 2 diabetes.
- **Family history:** Your risk increases if a parent or sibling has type 2 diabetes.
- **Race:** Although it's unclear why, people of certain races—including blacks, Hispanics, American Indians and Asians—are at higher risk.
- **Age:** Your risk increases as you get older. This may be because you tend to exercise less, lose muscle mass and gain weight as you age. But

type 2 diabetes is increasing dramatically among children, adolescents and younger adults.

- **Gestational diabetes:** If you developed gestational diabetes when you were pregnant, your risk of developing prediabetes and type 2 diabetes later increases. If you gave birth to a baby weighing more than 9 pounds (4 kilograms), you're also at risk of type 2 diabetes.
- **Polycystic ovary syndrome:** For women, having polycystic ovary syndrome—a common condition characterized by irregular menstrual periods, excess hair growth and obesity—increases the risk of diabetes.
- **High blood pressure:** Having blood pressure over 140/90mm Hg is linked to an increased risk of type 2 diabetes.
- **Abnormal cholesterol levels:** If you have low levels of high-density lipoprotein (HDL), or “good” cholesterol, your risk of type 2 diabetes is higher. Low levels of HDL are defined as below 35 mg/dL.
- **High levels of triglycerides:** Triglycerides are a fat carried in the blood. If your triglyceride levels are above 250 mg/dL, your risk of diabetes increases.

Ask Mayo Clinic for the Right Care, Right Now

Your baby is sick in the middle of the night—where do you turn? You are away on vacation and notice an odd rash—where do you turn? You drop all your medications on the floor, leaving you confused and frustrated—where do you turn?

Ask Mayo Clinic is prepared to help. This 24-hour nurse line is staffed with experienced registered nurses that have access to a wealth of resources at Mayo Clinic. Nurses are specially trained to assist with all types of telephone inquiries and they average 24 years of clinical experience.

When you have a health concern, help is just a phone call away. **Dial 1-800-903-1836.**



CARPENTERS TRUSTS
of Western Washington

Our 'Not Too Extreme' Makeover

Have you noticed something different about recent mail from the Trust Office? Some of our envelopes, letters and newsletters are sporting a new updated look, complete with a new Carpenters Trusts logo. The new logo is part of a larger effort to make our communications consistent in tone, appearance, and message. Our websites, business cards, form letters, forms, SPDs, and all other communications soon will display this new look.



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Walk Your Way to More Carpenters Rewards

In February, we told you about Carpenters Rewards, a new incentive program that offers you a \$100 gift card for regular participation in the Built to Last wellness program.



For your convenience, here is a list of Rewards-friendly activities, programs and tools mentioned in this newsletter or relating to the content. For the definitive list, just go to the My Rewards page of the EmbodyHealth website (www.carpentershealth.org). You have until December 31, 2011 to qualify for the gift card.

Mayo Clinic Lifestyle Coaching 200 points max

Mayo Health Coaching 200 points max

- Asthma
- High blood pressure
- Headaches
- Weight loss

Nurtur Health Coaching 200 points max

- Low Back Pain
- Diabetes
- Heart Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma
- Heart Failure

My Fitness Solution 150 points max

My Weight Solution 150 points max

Walk to Wellness 150 points max

Mayo Health Monitor 100 points

Healthy Weight Pyramid Tool 50 points

EmbodyHealth Portal Registration 50 points

Organized Race 25 points (75 max)

Six Numbers You Should Know 25 points

Ask Mayo Clinic Nurse Line 25 points (100 max)

Heart Disease Risk Calculator 25 points

LDL Cholesterol Calculator 25 points

BMI Calculator 25 points

25 minutes of Aerobic Exercise 25 points (100 max)

Read Carpenters Care Newsletter 20 points (100 max)

EmbodyHealth Portal Visit 10 points (100 max)