

DIV. 14...ROADWAY TO HEALTH NEWS

Issue 1, Managing Stress
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Location: Soco Gap
Photo by: Reuben Moore

*LESS
STRESS...
(YES, It really is possible.)*



WE ENCOURAGE YOU TO "SPRING" YOUR WAY INTO A HEALTHIER WAY OF THINKING AND EATING!

The Roadway to Health wellness committee has put together for you a very informative newsletter that we hope, will help to cope with and manage, the very stressful moments or days that we all experience, at one time or another. In this issue, we are focusing on "Stress". We hope that our articles will help you to find your way out of stressful situations, and ways to eat healthier, exercise more and be happier about who you are!
By: Donna Hodges-Chairperson, Roadway to Health

Prizes for Exercises

By: Jeff Moore
Transylvania, Folk, Maintenance Engineer

Earn prizes for taking an active role in your health

Be active.
Physical activity and lifestyle changes can greatly reduce the risk of cancer, heart disease, diabetes and other health conditions. That's why we created Blue Points, our physical activity and wellness incentive program available exclusively for members. Our Blue Points program gives you an easy way to track your physical activities and participation in wellness activities - and rewards you with great prizes!

Earn points.
Just 30 minutes a day of physical activity or participation in wellness activities earns you prizes like electronics, sports equipment, clothing and more!*

Work in the yard, play golf, walk the dog. Just keep moving with Blue Points. You can also earn points for participating in specific Online Health Living Programs and completing wellness activities like understanding your healthy cholesterol and Body Mass Index (BMI) levels.

Get free prizes.
All you have to do is record your activities in your Blue Points Activity Log. At least 30 minutes or more of physical activity a day or participation in a specific wellness activity earns you 10 points for that day.* Earn 250 points and select a prize from the first Blue Points prize level. There are four levels in all - B, L, U and E - each with great prize options. And, there are also special prizes for kids ages 6 - 12 through Blue Points for Kids.

Want to learn more?
For more information about Blue Points or Blue Points for Kids, review the Blue Points frequently asked questions or call toll free 1-888-705-7050.

Go to the following website to sign up:

<https://www.bchync.com/memberservices/>



Tumbler

Here is how you can earn prizes for physical activities such as:

- Wash the car
- Rollerblade
- Swim
- Rake leaves
- Go dancing
- Play softball
- Go bowling
- Mow the lawn
- Play tag with the kids
- Golf
- Take a walk with a neighbor
- Paint your living room
- Pull weeds
- Canoe
- Waterski
- Deep-sea fish
- Try a Tae-bo video
- Swing your worries away on a swing set
- Stretch
- Take a yoga class
- Hit the batting cages
- Play tennis



Lunch Cooler



**When everything seems to be going against you, remember
that the airplane takes off against the wind, not with it.**
-Henry Ford, 1863-1947