I am currently preparing for one this October in Louisville, Kentucky. Chuck also has participated in the Well Aware physical activity challenges for many years. This focus has helped him maintain good feelings about himself and the day. Eating right and exercising every day make this possible for me. One of the other benefits to his workouts is the sense of accomplishment he feels afterwards.

Managing and improving your health has never been easier. If you complete your health risk assessment, you will receive access to a personalized Health Action Plan that provides you with tailored recommendation to improve your health.

While times are uncertain, it is important to control what you can. Leading a healthy and well life.

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The following 4 programs will give you some options to help you get fit this summer.

Exploring programs, resources, and classes can be overwhelming. Below are some tips on how to get started and stay motivated on your journey to health.

1. Walking
   - Benefits: Low-impact, easy on joints, good for all ages, reduces risk of heart disease, diabetes, and cancer.
   - Tips: Start with 10-15 minutes a day and gradually increase.

2. Biking
   - Benefits: Great for cardiovascular health, burns calories, improves your mood.
   - Tips: Start with shorter rides and gradually increase.

3. Jogging
   - Benefits: Increases endurance, helps with stress management, strengthens your heart.
   - Tips: Start with shorter distances and gradually increase.

4. Playing sports
   - Benefits: Fun, social, promotes a healthy lifestyle.
   - Tips: Join a local team or play with friends.

Explore Healthy Resources

Online classes, videos, podcasts, recipes, and more are available to members on CareFirst website. Learn more at the following links:

- Explore Healthy Resources
- Take Action to Improve Your Health
- Stay Active and Control Your Weight
- Reduce Your Risk of Developing Diabetes
- Use the online tutorials to guide you through the log

You can also track your physical activity and diet.

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Leading a healthy and well life.

Physical Activity and Mental Health

Exercise can help reduce symptoms of anxiety, stress, and mood disorders. It can also improve your mood and sleep quality. In addition, physical activity can improve cognitive function and decrease the risk of chronic diseases such as heart disease, diabetes, and obesity.

Schools

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