

Calculating Your Body Mass Index (BMI)

1. Write down your weight in pounds (example: 190) _____
2. Multiply that number by 703 (190 x 703 = 133,570) _____
3. Multiply your height in inches by itself (70 x 70 = 4,900) _____
4. Divide the answer to #2 by the answer to #3 (133,570 divided by 4,900 = 27.26) _____ This is your BMI.

BMI Categories:

Under 18.5 - underweight

18.5-24.9 – normal weight

25-29.9 – overweight

30 and above – obese

| Risk of Associated Disease According to BMI and Waist Size | | | |
|--|-----------------|--|---|
| BMI | | Waist less than or equal to 40 in. (men) or 35 in. (women) | Waist greater than 40 in. (men) or 35 in. (women) |
| 18.5 or less | Underweight | – | N/A |
| 18.5 - 24.9 | Normal | – | N/A |
| 25.0 - 29.9 | Overweight | Increased | High |
| 30.0 - 34.9 | Obese | High | Very High |
| 35.0 - 39.9 | Obese | Very High | Very High |
| 40 or greater | Extremely Obese | Extremely High | Extremely High |

Partnership for Healthy Weight Management

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Everyday Ways to Get Moving

- Take the stairs instead of the elevator.
- Park farther away from the office, the grocery store, etc.
- Work in the garden.
- Cut the grass with a push mower instead of a riding mower.
- Go for a short walk before breakfast, after dinner, or both.
- Walk to do errands that are a few blocks away, or park the car in a central location and walk to your different destinations.
- Pedal a stationary bike or do a chore or project while watching your favorite show—avoid the couch potato syndrome.
- Walk the dog.
- Walk down the hall to talk to someone at work instead of calling or e-mailing.
- Walk while waiting for a plane at the airport.
- Take a walk at lunch; brainstorm ideas with a business partner while taking a walk.
- When golfing, walk instead of using a cart.
- Carry your own groceries.
- Do housework at a brisk pace.
- Wash the car yourself instead of going to a car wash.
- Give yourself 5 minutes of brisk movement for every hour of computer time.
- Play actively with your kids, grandchildren, or pets.
- Use the exercise equipment you already own.
- Plan family outings around physical activities such as canoeing, swimming, or skiing. Take along your bikes or rollerblades. Break up long drives by hiking the nature trails and scenic walks along many routes.
- Get busy on household projects you've been putting off, such as sweeping the sidewalk, cleaning the windows, or cleaning out the garage or basement.
- Rake the leaves.
- Make a point of getting up from your desk and taking a brisk walk around the office several times a day.

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Excuses That Stop People From Exercising Regularly

| Barriers/Excuses | Options for overcoming |
|-------------------------------|---|
| It's inconvenient. | Make it as convenient as possible (e.g., try an exercise date for lunch). |
| I don't have time. | Schedule it as an appointment. Exercise while you do some other task. |
| It's boring. | Make your routine fun, and vary the activities, time, and place. |
| It's hard to keep it up. | Build in a reward system. It takes a little time for the intrinsic rewards of exercise to be satisfying. |
| I'm too out of shape. | Start slowly. Know that you are reaping rewards long before the scale shows it. Meanwhile, focus on the other ways it improves your health. |
| I've tried and failed before. | It takes four to six weeks before aerobic capacity is improved. Set smaller, reachable goals first. Focusing on the small steps that you can manage will eventually lead to your ultimate goal. |
| I hate jogging. | Don't jog. Any physical movement is better than none at all. Pick what you are most comfortable with—walking, dancing, roller-skating, cycling, swimming, etc. |
| It's painful. | If it hurts, you're doing something wrong. Check your technique, or find a less strenuous activity. Cycling? Walking? Swimming? Dancing? |

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Healthy Heart Workout Quiz Answer Key

1. a, b, c

2. All except a and f

3. **False.** Children are heavier and less physically fit than they were even a generation ago. Many are developing cardiovascular disease risk factors such as overweight, higher blood pressure, higher blood cholesterol and cigarette smoking. Children spend an average of 17 hours a week watching TV in addition to the time they spend on video and computer games – all sedentary activities!

4. **Not enough time.** But all it takes is 30 minutes a day and not necessarily all at once! Your workout should have the same importance as any other appointment of the day.

5. All

6. True

7. **True.** To build endurance, do aerobic physical activities such as brisk walking, running, bicycling or swimming. To build strength, try weight lifting. To improve flexibility, do stretching and movements that put each part of the body through its full range of motion.

8. **See a doctor first for a medical evaluation.**

9. **Walking.** It's inexpensive, easy and convenient. You can walk throughout your lifetime. You can walk year-round and in most weather, indoors or outdoors. You don't need special clothing or equipment. Walking is low impact so risks of injury to bones and joints are minimal.

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American Heart Association Healthy Heart Workout Quiz

- 1. Regular physical activity is an important step toward a healthy heart. What other steps can you take to reduce your risk of heart attack?**
 - a. Stop smoking
 - b. Reduce high blood pressure
 - c.. Maintain proper blood cholesterol levels
- 2. If running marathons is not your idea of regular exercise, you can work up a heart-healthy sweat in your everyday life in a lot of ways. What are some of them?**
 - a. Sitting in a sauna
 - b. Walking
 - c.. Vigorous vacuuming
 - d. Mowing the lawn with push mower
 - e. Gardening
 - f. Baking brownies
 - g. Raking leaves
 - h. Dancing
- 3. Children are more physically fit today than they were a generation ago**
 - a. True
 - b. False
- 4. What is the most common excuse for not engaging in physical activity?**
- 5. Besides being an important way to get ready for bathing-suit season, regular physical activity can also benefit your health and well being by improving which of the following?**
 - a. Blood cholesterol
 - b. High blood pressure
 - c.. Energy level
 - d. Sleeping patterns
 - e. Weight



6. A heart-healthy schedule should involve at least 30 minutes of physical activity on most days of the week.

- a. True
- b. False

7. A complete physical fitness program should involve activities that promote endurance, strength and flexibility

- a. True
- b. False

8. What should you do before starting a vigorous exercise program if you're middle-aged or older, have been sedentary, are overweight or have a serious medical condition?

9. What form of physical activity has the lowest drop out rate?

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Making Smart Choices from MyPyramid's Food Groups

Grains: Make Half Your Grains Whole

What's in the grains group: Any food made from wheat, rice, oats, cornmeal, barley or another cereal-grain. "Whole grains" include whole-wheat flour, bulgar (cracked wheat), oatmeal, whole cornmeal and brown rice.

- Get a whole grain head start with oatmeal or whole grain cereal
- Use whole grains in mixed dishes such as barley in vegetable soup, bulgar in casseroles or brown rice in stir-fry
- Change it up. Make your sandwich on 100% whole wheat or oatmeal bread. Snack on popcorn or whole grain crackers.

Vegetables: Vary Your Veggies

What's in the Vegetables group: Any vegetable or 100% vegetable juice.

Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated.

- It's easy going to dark green. Add frozen chopped spinach, collard greens or turnip greens into a pot of soup.
- Swap your usual sandwich side for crunchy broccoli florettes or red pepper strips.
- Microwave a sweet potato for a delicious side dish.

Fruits: Focus on Fruits

What's in the Fruits group: Any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen or dried; and may be whole, cut-up, pureed, raw or cooked.

- Bag some fruit for your morning commute. Toss in an apple to munch with lunch and some raisins to satisfy you at snack time.
- Buy fresh fruits in season when they taste best and cost less.
- Never be fruitless! Stock up on peaches, pears and apricots canned in fruit juice or frozen so they're always on hand.

Milk: Get Your Calcium-Rich Foods

What's in the Milk group: All fluid milk products and many foods made from milk. Examples include cheese and yogurt. Make your Milk group choices fat-free or low fat.

- Use fat-free or low-fat milk instead of water when you make oatmeal, hot cereals or condensed cream soups, such as cream of tomato.
- Snack on low-fat or fat-free yogurt. Try it as a dip for fruits and veggies and a topper for baked potatoes.
- Order your latte or hot chocolate with fat-free (skim) milk.

Special Tip: Although cream cheese, cream and butter are made from milk, they don't count in the Milk group because they contain little or no calcium. Instead, if you eat these foods, count them as "extra" calories from solid fats.



Meat & Beans: Go Lean with Protein

What's in the Meat & Beans group: All foods made from beef, pork, poultry, fish, dry beans or peas, eggs, nuts and seeds. Make your meat and poultry choices lean or low fat.

- Trim visible fat from meat and remove skin from poultry.
- Broil, grill, roast or poach meat, poultry or fish instead of frying.
- Enjoy pinto or kidney beans on a salad or a hearty split pea or lentil soup for extra protein.

Oils—Know Your Fats

Oils are fats that are liquid at room temperature such as canola, corn and olive oils. Mayonnaise and certain salad dressings are made with oils. Nuts, olives, avocados and some fish such as salmon are naturally rich in oils.

- Use some vegetable oil instead of butter for cooking and baking.
- Toss salad with salad oil and flavored vinegar.
- Try thin slices of avocado on a sandwich or sprinkle some nuts on a salad.

Special Tip: Solid fats are different from oils because they are higher in saturated and/or trans fats so they are considered extras. Solid fats are found in whole milk, cheese, higher-fat meats and other foods such as butter, lard, chicken skin and shortening. Some oils such as palm, palm kernel and coconut.

United States Department of Agriculture
Center for Nutrition Policy and Promotion
<http://www.cnpp.usda.gov>
www.Mypyramid.gov

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Personal Action Plan – Part I

Exercise Action Plan

1. What is my exercise goal?
2. What will I gain if I reach my goal?
3. What will I lose if I don't reach my goal?
4. What is the smallest thing I can do in the next 24 hours that will lead me toward my goal?
5. What can I do over the next week to reach my goal? (be specific—when, where, what?)
6. Who can help me reach my goal?



Personal Action Plan – Part II

Weight Management Action Plan

7. What is my goal for weight management?

8. What will I gain if I reach my goal?

9. What will I lose if I don't reach my goal?

10. What is the smallest thing I can do in the next 24 hours that will lead me toward my goal?

11. What is my plan for the next week? (Be specific—what will you do differently, how will you do it, when will you do it?)

12. Who can help me reach my goal?

After you've answered these questions, start to keep a daily log of your choices as they relate to your action plan. This can help you see if your choices are leading you toward your goals (no matter how fast or how slow), or if they are leading you away from them. It also forces you to be conscious of those choices and not to pretend that they are out of your control.

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Telephone Seminar Evaluation

Please complete this form and fax it to 1.952.996.2702, or email it to eshcomments@cigna.com

Your company: _____

Seminar date: _____ Company city, state: _____

Presenter: _____ Title of seminar: _____

Please state your agreement/disagreement with the following statement using this scale.

| 4 Strongly Agree | 3 Agree | 2 Disagree | 1 Strongly Disagree |
|------------------|---------|------------|---------------------|
|------------------|---------|------------|---------------------|

1. SEMINAR CONTENT:

- | | | | | |
|--|---|---|---|---|
| a. The information I received was helpful. | 4 | 3 | 2 | 1 |
| b. The seminar met the stated objectives. | 4 | 3 | 2 | 1 |

2. SPEAKER EVALUATION:

- | | | | | |
|---|---|---|---|---|
| a. The speaker presented the information clearly. | 4 | 3 | 2 | 1 |
| b. The speaker responded well to participants. | 4 | 3 | 2 | 1 |
| c. The speaker was knowledgeable on the subject. | 4 | 3 | 2 | 1 |

3. Overall I was satisfied with the seminar presentation. 4 3 2 1

4. What part(s) of the seminar did you like best, and why?

5. What part(s) of the seminar did you like least, and why?