Wellness Works

Fall 2017

Get Ready, Get Set, Get Moving!

Adding Physical Activity for a Healthy Lifestyle

Physical activity is vital for everyone, whether you need to lose weight or not. Even a modest amount of movement can be good for you. Of course, the more you do, the more health rewards you get. To begin, be sure you aim for fun activities you enjoy with friends or family so you can stick with it.

Why is physical activity so key? Here are the pros of staying active:

• Healthy heart and lungs
• Strong bones
• Flexible, strong muscles and joints
• Lighter weight when also eating a healthy diet
• More energy and endurance

With Fall's cooler weather, it's the perfect time to move your activity outside. Getting the family involved makes it more fun! Get moving today, and get set for all the health-boosting benefits.

Sources: Centers for Disease Control and Prevention; United States Department of Agriculture

Look in your own back yard for eye-safety hazards

Home sweet home has many dangers that can hurt your eyes. In fact, household items cause 125,000 eye injuries each year. Nearly 90 percent could be avoided with proper safety measures and protection for the eyes. Here are a few tips to protect your eyes:

• Make sure stairs have railings and are well lit.
• Remove debris before mowing the lawn. Wear safety goggles when mowing.
• Keep paints, pesticides, fertilizers and like products in a safe place.
• Wear chemical goggles to guard against harmful products.
• Do not mix cleaning agents.
• Wear safety glasses or dust goggles to protect against flying debris when doing work around your home or yard.
• Read and follow all guidelines and warnings given by the makers of tools and equipment. Replace or fix broken tools.
• Normal eyeglasses will not always protect your eyes. Use protective eye wear when playing sports, such as racquetball, where there is a greater chance of eye injury.

In the case of a chemical burn to the eye, you should flush the eye right away with water. Keep the eye open as wide as you can while flushing. Rinse for at least 15 minutes and seek medical care at once. Do not cover the eye.

Sources: Prevent Blindness America; National Institutes of Health


**BlueCross BlueShield
of New Mexico**

Don't get caught without a flu shot

Flu shots can be helpful for most people. The Centers for Disease Control and Prevention suggests a yearly dose, especially for those who:

• Are age 6 months through 18 years, or age 50 and older

• Are pregnant

• Have a chronic health condition, such as asthma, diabetes or heart, kidney or lung disease

• Have a weakened immune system

• Live at a nursing home or other long-term care facility

• Are child care or health care workers

• Live with or care for someone at high risk of flu complications, like a child with asthma

Ask your doctor about a flu shot and get up-to-date information on immunizations and treatment.

Source: Mayo Foundation for Medical Education and Research; Centers for Disease Control and Prevention
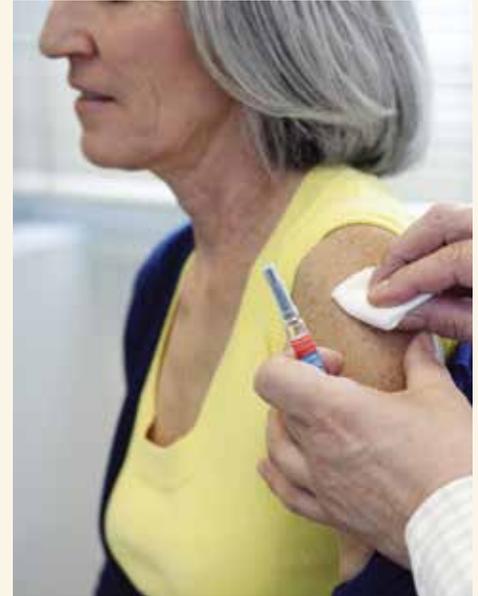
Stick to the schedule!

Immunizations are an important safeguard for your child's health.

Next to safe drinking water, immunizations have been called the most important public health intervention in history. Immunizations have saved millions of lives from diseases that used to be a serious threat to children. Following a regular vaccination schedule for your child can protect them and others from diseases, including:

• Diphtheria

• Hepatitis A

• Hepatitis B

• Hib Disease (Haemophilus influenza type b)

• Influenza (Flu)

• Measles

• Mumps

• Pertussis (Whooping Cough)

• Pneumococcal Disease

• Polio

• Rubella (German Measles)

• Tetanus (Lockjaw)

• Varicella (Chickenpox)

Talk with your child's doctor about recommended immunizations.

Source: Centers for Disease Control and Prevention

Solving the puzzle

Mental health problems can strike anyone.

Years ago, mental illness was a great puzzle. Today researchers know so much more about causes and treatments. Research shows that many mental illnesses are the result of brain chemistry. They may also be the result of traits you are born with or the things you live through.

Mental health issues can result in mild to serious problems with moods, thinking or actions. Mental illness is a leading cause of disability. Each year, more than 44 million people in the U.S. suffer from one or more mental disorders. Some of the more widely found mental disorders involve:

• Mood problems

• Anxiety

• Substance abuse

• Disconnection from reality

• Problems remembering

• Learning problems

• Personality problems

Seek help if you or a loved one has a problem that won't go away. Counseling, support groups and prescriptions can help. Talk to your behavioral health professional or family doctor about finding the right type of treatment. It is possible to solve the puzzle of mental illness and lead a fulfilling life.

Sources: United States Department of Health and Human Services Substance Abuse and Mental Health Services Administration; American Psychiatric Association; Mayo Foundation for Medical Education and Research