

# LET'S GET ACTIVE.

## Muscle Strengthening Activities

Muscle strengthening activities are an important part of physical activity in addition to the other types, including aerobic activity and flexibility. Muscle strengthening activities involve performing exercises or movements that use resistance to increase muscle strength, size, and endurance. Completing muscle-strengthening activities on two or more days per week that work all major muscle groups, including your legs, hips, back, abdomen, chest, shoulders, and arms, is recommended.

There are many benefits to muscle strengthening, including:

1. Increased strength and endurance: Strengthening your muscles can increase your overall physical strength and endurance, making it easier to perform physical tasks and activities.
2. Improved metabolism: Muscle tissue burns more calories than fat tissue, so increasing your muscle mass can help boost your metabolism and make it easier to maintain a healthy weight.
3. Reduced risk of injury: Stronger muscles provide better support for your joints and can help reduce your risk of injury, particularly when performing physical activities or playing sports.
4. Improved balance and stability: Strengthening your core and lower body muscles can help improve your balance and stability, which can reduce your risk of falls and other accidents.
5. Better overall health: Muscle strengthening has been linked to a variety of health benefits, including improved cardiovascular health, lower blood pressure, and better blood sugar control.
6. Increased bone density: Resistance training has been shown to increase bone density, which can help reduce your risk of osteoporosis and other bone-related conditions.
7. Enhanced mental health: Exercise has been shown to affect mental health positively; muscle strengthening is no exception. Regular exercise can help reduce stress, anxiety, and depression and may even improve cognitive function.

## You are Invited to Fitness in a Flash

If you are looking for ways to be more physically active during the workday, please join us for Fitness in a Flash!

Getting up and moving your body regularly throughout the day is an important part of staying healthy and keeping your energy up throughout the day. Fitness in a Flash is a 3-5 minute live-virtual exercise session led by one of our health promotion coaches.

Sessions include a variety of exercises, including aerobic fitness movements, body weight resistance movements, and stretching. The exercises are tailored to be done right in your office space. Live sessions are offered Monday through Friday and are accessed through the Microsoft Teams app.

### Contact:

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for more information.

## THERE ARE MANY ACTIVITIES THAT CAN HELP STRENGTHEN MUSCLES, INCLUDING:



**Weightlifting:** Weightlifting using free weights or weight machines is an effective way to strengthen muscles. It is important to use proper form and gradually increase the weight as you progress.



**Bodyweight exercises:** Exercises such as push-ups, pull-ups, squats, and lunges use your own body weight as resistance and can be effective for building strength.



**Resistance bands:** Resistance bands are a versatile tool for strength training and can be used for various exercises targeting different muscle groups.



**Yoga and Pilates:** These practices focus on body awareness, core strength, and balance and can effectively build muscle and improve flexibility.



**High-intensity interval training (HIIT):** HIIT involves short bursts of intense exercise followed by brief rest periods and can be an effective way to build strength and improve cardiovascular fitness.



**Sports:** Many sports involve strength training as part of their regular practice routines, such as football, soccer, and basketball.



**Everyday activities:** Simple activities like gardening, carrying groceries, and climbing stairs can help strengthen muscles when done regularly.

Overall, muscle strengthening is an important part of a healthy lifestyle and can provide numerous physical and mental health benefits. So, pick some strength training activities from the list above and incorporate these into your physical activity routine.

## Health Insurance 101: Copay

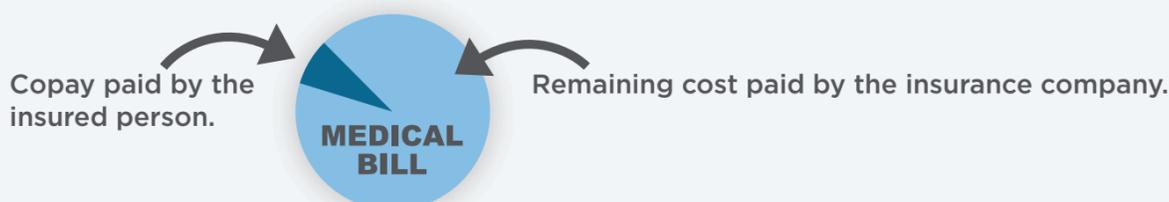
January, February, and March's newsletters have given detailed explanations of "why we have health insurance" as well as what a deductible and coinsurance are. Recall a health insurance plan deductible is the amount you pay out-of-pocket before your health insurance plan begins to pay for covered costs. Coinsurance is a cost-share between you and your health insurance company, for example, your insurance covers 80% and you pay 20% of billed services.

This month we are going to talk about copays. A copay (copayment) is a flat, fixed amount that you typically pay for healthcare services when you get a service at the doctor's office or medication at the pharmacy. Depending on how your plan works, what you pay in copays may count towards meeting your out-of-pocket maximum, which we will talk about more next month when we bring it all together. We will discuss how your deductible, coinsurance, and copays all work together toward meeting your out-of-pocket maximum and what that means for you.

The Cooperative will send you an Explanation of Benefits (EOB) whenever it receives a claim for a service you received. This Explanation of Benefits (EOB) explains what the Cooperative has paid and what you need to pay out-of-pocket to the provider by showing you what is being applied to your deductible, coinsurance, and copay amounts.

### What is a Copay?

A copay (copayment) is a flat, fixed amount that you typically pay for healthcare services.



Only covered and approved services by your health insurance plan will apply to your coinsurance. Insurance can cause confusion, so we encourage you to always discuss how your health plan benefits will be applied to a service by calling Group Health Cooperative of Eau Claire Member Services at 715-552-4300 before receiving a service.

## CONNECT WITH US.

Visit [group-health.com](http://group-health.com) or give us a call at 715.552.4300 or 888.203.7770.

