



WELLNESS WORKS

Delaware Valley Health Trust

Q2 2022: SPRING INTO ACTION FOR YOUR WELLBEING



YOUR WELLNESS JOURNEY BEGINS WITH A SINGLE STEP

With temperatures on the rise and the outdoors starting to look and feel more like springtime, many Delaware Valley Health Trust members are embracing the opportunity to stay physically active outdoors. Outdoor exercise presents many benefits; according to the American Council on Exercise, fitness in the fresh air improves mood and reduces depression, enhances self-esteem, is low-cost, is easily accessible, and helps individuals connect with Mother Nature. One of the easiest ways to get moving outside is by walking!

Walking is one of the most accessible types of exercise - and it also yields endless health benefits. Not only does this moderate-intensity activity improve your cardiovascular fitness and muscular endurance, but it can also strengthen your immune system, improve your balance and coordination, and help to prevent or manage chronic health conditions like heart disease, high blood pressure, cancer, and type 2 diabetes - just to name a few.

Walking is also an easy activity to begin any time and most anywhere. Here are some simple tips for getting started:

- Be sure that your walking route avoids major hazards, high-traffic roads without sidewalks, and other environmental conditions that threaten your safety.
- Dress for the elements. Wear a hat, sunglasses, and/or sunscreen in warmer conditions or dress in warm clothing for colder conditions. A pair of well-fitted sneakers are a must!
- Hydrate! Drinking water before, during, and after your walk can help combat dehydration and keep you feeling your best.
- Start small. If you are introducing a new walking routine to your schedule, a simple 5 or 10 minute walk is a great place to start until you become more comfortable with the activity. Build up to 30 minutes per day as a general goal.

The Delaware Valley Health Trust Wellness Team is encouraging Health Trust members to get outside and walk on National Walking Day on Wednesday, April 6. Log on to www.heart.org to learn more about this initiative, the benefits of walking, and how you can stay active for a healthier you.

Sources: Kelsey Graham, American Council on Exercise. www.acefitness.org. 2017. "Walking: Trim your waistline, improve your health." Mayo Clinic. www.mayoclinic.org. 2021.

Have you completed a preventive screening in 2022?

If you have completed a mammogram screening, women's wellness visit with your gynecologist, colonoscopy screening, and/or preventive bloodwork in 2022, you are eligible to earn a Wellness Program incentive! Log on to www.dvtrusts.com under Member Resources for more information.

HEALTH TRUST WELLNESS EVENTS

April 6 – National Walking Day Whether you are a regular exerciser or just getting started, today is a great day to lace up your sneakers and get moving.

Starting April 13, Wednesdays 12:00-1:00pm – Tobacco Treatment Program This seven-week program will review information about tobacco dependence, behavior change strategies, and more.

April 19, 11:00am-12:00pm – Understanding Natural, Organic, & GMO Learn about the differences between “natural,” “organic,” and “Non-GMO” labels.

May 12, 4:00-5:00pm – Get to Know Your Wellness Program Get to know the many value-added wellness benefits provided by the Health Trust to improve YOUR wellbeing while earning cash incentives!

May 24, 3:30-4:30pm – Managing Your Blood Pressure Discuss dietary and lifestyle approaches that can help you manage and control your blood pressure to keep you and your heart healthy!

May 31 – World No Tobacco Day Log on to www.who.int to learn about the environmental impact of tobacco, giving tobacco users one extra reason to quit.

June 17 – Wear Blue Day Raise awareness for Men’s and Boys’ Health Issues by Wearing Blue to work.

June 28, 4:00-5:00pm – Strategies for Good Health and a Long Life Discover healthy tips to help you achieve your goals and get motivated to have a healthy summer!

Registration and additional information on the events above are available at www.dvtrusts.com/events.

MEN’S HEALTH

June Is Men’s Health Month

The month of June is all about the fellas because it’s the official Men’s Health Month. Looking for ways to support the cause? See this list of easy things you can do to get involved.

- 1. Spread the Word** - Make sure every man in your life is living well.
- 2. Early Screenings** - They will not only save money in the long run but could also save your life and/or make life easier to manage if diseases are caught early on.
- 3. Exercise** - It’s a great time of year to get outside and get at least 30 minutes of exercise each day.
- 4. Remember to Wear Blue** on Friday, June 17th - to work or wherever else you’re going!
- 5. Father’s Day** is coming up! Give the gift of knowledge with one of the many resources at www.menshealthnetwork.org.
- 6. Remember** that anyone can assist in the men’s health movement, and help is not limited by gender.

Source: Men’s Health Resource Center, www.menshealthweek.org

DID YOU KNOW?

Men’s Health Fast Facts

- The leading causes of death for men in the United States are heart disease and cancer.
- 52% of men age 20+ have high blood pressure.
- 41% of men age 20+ are considered obese.
- 41% of men age 18+ who do not meet physical activity guidelines for aerobic activity.

Source: Centers for Disease Control, www.cdc.gov



CELEBRATING HEART HEALTH

WITH THE DELAWARE VALLEY HEALTH TRUST

Nothing beats a healthy heart!

February was American Heart month, and the Delaware Valley Health Trust is dedicated to supporting this initiative not only in February, but for the whole year. The American Heart Association notes that heart disease is the leading cause of death in the United States and American Heart Month is intended to spread awareness about the health benefits of nutritious eating, regular exercise, and maintaining positive relationships.

The Health Trust Wellness Team kicked off American Heart Month with a celebration on Friday, February 4th as part of National Wear Red Day. Health Trust entities were encouraged to participate by taking a walk, having a heart-healthy meal or snack, and wearing red to raise awareness about heart disease.

Upper Gwynedd Township celebrated by participating in a fitness or dance activity led by the Parks and Recreation Spirit Team every two hours in their office. Way to go, Upper Gwynedd Township! The Health Trust Team celebrated by wearing red and sharing healthy tips and practices that make hearts healthy.



Upper Gwynedd Township



Upper Gwynedd Township



Delaware Valley Health Trust

Thank you for sharing how you celebrated National Wear Red Day. We look forward to seeing Health Trust groups share more great examples throughout 2022 and beyond.

National Walking Day is Wednesday April 6th. Join the Health Trust and celebrate physical activity with a step-by-step toolkit from the American Heart Association that provides guidance on promoting this event through email campaigns and other helpful and creative ideas. This kicks off a 6-week walking challenge that you and your colleagues can participate in together.

The Health Trust Wellness Team can help customize your wellness program strategy, communications, and overall experience for employees. Please email wellness@dvtrusts.com or call 267.803.5721 to let us know the best way to partner with you and your team!



DELAWARE VALLEY HEALTH TRUST WELLNESS PROGRAM UPDATES

Wellness in the Workplace

Wear Blue for Men's Health | Friday June 17

June celebrates Men's Health Month. Encourage employees to wear blue to work on Friday, June 17 to raise awareness for men's health.

Wellness Events

Get to Know Your Wellness Program Information Session Wednesday August 10, 10:00am – 11:00am

Enrollees can get to know the many value-added wellness benefits provided by Delaware Valley Health Trust to improve wellbeing while earning cash incentives! An ideal session for new hires! www.dvtrusts.com/events.

Virtual Wellness Presentations

These sessions are eligible for the \$100 Health Education Incentive.

- **Strategies for Good Health & A Long Life | Tuesday June 28, 4:00pm – 5:00pm**
[Click here to register](#)
- **Summer Safety Month | Wednesday July 13, 1:00pm – 2:00pm**
[Click here to register](#)
- **Healthy Ingredient Swaps | Thursday August 25, 12:30pm – 1:30pm**
[Click here to register](#)

Contact the Health Trust Wellness Team at wellness@dvtrusts.com or call 267.803.5721 for more information. You can also log onto our website at www.dvtrusts.com and click on "Wellness Programs" under Member Resources.

