Employee Wellness Toolkit | December 2023  
Premera Plan Members

**EMAIL ARTICLE**

*Use this copy to create an email or add as an article in your regular employee newsletter*

**A group of people taking a selfie in a forest

Description automatically generated**

**Active in Any Weather: Winter Fitness Tips**

The winter season tests your resolve to stay active with its cold, dark, and slippery conditions. However, maintaining physical activity during every season holds countless benefits. Exercise isn't just about getting in shape; it's a vital component of holistic health. It improves sleep, reduces anxiety, enhances balance, and fortifies your immune system against seasonal ailments like colds and flu. Regular activity supports bone and muscle strength, aids weight management, and sharpens your mental acuity.

Winter workouts offer many unique advantages:

* **Escape the Heat:** Bid farewell to the discomfort of heat and humidity and relish the invigorating chill of winter.
* **Extended Workouts:** Cooler weather permits longer workouts, which allows you to burn more calories and improve your endurance.
* **Sunlight and Vitamin D:** Catch some sunlight during your winter workouts to improve your mood and get essential vitamin D intake.
* **Boosted Immunity:** Regular exercise strengthens your immune system, fortifying you against seasonal illnesses.

Winter offers a unique canvas for fitness exploration. Stay active this season by engaging in a range of indoor and outdoor activities to keep moving and stay fit:

1. **Get Moving Outdoors:** Embrace the crisp air with a heart-pumping jog or run.
2. **Try a Winter Sport:** Take advantage of the snowy season by trying cross-country skiing, sledding, or snowshoeing for a full-body workout.
3. **Connect with Nature:** Weather permitting, indulge in refreshing walks and hikes around neighborhoods or parks.
4. **Go Online:** Tune into TV, live Zoom, or Instagram workout classes to find free exercise videos online.
5. **Create an Indoor Exercise Space:** Create a home gym in your living room or basement with budget-friendly equipment for convenient workouts.
6. **Join a Community Center:** Sign up for a range of classes at your local community center – from aerobics to badminton, basketball, and yoga.
7. **Visit an Indoor Pool:** Find a local indoor pool and dive into aquatic exercises, like swimming and water aerobics.

This winter, embrace the chilly days as an opportunity to discover new activities, enjoy the beauty of the season, and revitalize your fitness routine. With each step, ski, or swim, you're nurturing not just your body but also your spirit!

**READ MORE**

[Discover Health and Fitness Apps](https://www.advantageengagement.com/p_content_detail.php?id_element=001&id_cr=73505)

[Winter Weather: Prevent Hypothermia and Frostbite](https://www.advantageengagement.com/p_content_detail.php?id_element=001&id_cr=99658)

[Frosty Fitness: Tips for Safe Winter Workouts](https://businesshealthtrust.com/wp-content/uploads/2023/11/bht-employer-toolkit-flyer_premera_december-2023.pdf)

**ALWAYS THERE FOR YOU** | Your Mental & Behavioral Health Benefits

Don’t know where to start? **Call Behavioral Health Systems at 888-720-5237** to talk with a trained counselor 24/7, 7 days a week, 365 days a year. Here’s what you need to access the other resources available to you:

* **Doctor On Demand:** Video and phone-based primary/urgent care and mental health therapy. [doctorondemand.com/premera](https://www.doctorondemand.com/premera)
* **TalkSpace:** Video and phone-based mental health therapy. [talkspace.com/premera](http://talkspace.com/premera)
* **Boulder:** Video visits and messaging with a therapist for treatment of opioid and alcohol use disorders. [boulder.care/getstarted](http://boulder.care/getstarted)

**SLACK OR TEXT MESSAGE**

*Use this copy to send a group message to your team through Slack, text, or other messaging platform*

**A group of people taking a selfie in a forest

Description automatically generated**

**ACTIVE IN ANY WEATHER: WINTER FITNESS TIPS**

The winter season tests your resolve to stay active with its cold, dark, and slippery conditions. However, maintaining physical activity during every season holds countless benefits. Exercise isn't just about getting in shape; it's a vital component of holistic health. It improves sleep, reduces anxiety, enhances balance, and fortifies your immune system against seasonal ailments like colds and flu. Regular activity supports bone and muscle strength, aids weight management, and sharpens your mental acuity.

Stay active this season by engaging in a range of indoor and outdoor activities to keep moving and stay fit:

1. **Get Moving Outdoors:** Embrace the crisp air with a heart-pumping jog or run.
2. **Try a Winter Sport:** Take advantage of the snowy season by trying cross-country skiing, sledding, or snowshoeing for a full-body workout.
3. **Connect with Nature:** Weather permitting, indulge in refreshing walks and hikes around neighborhoods or parks.
4. **Go Online:** Tune into TV, live Zoom, or Instagram workout classes to find free exercise videos online.
5. **Create an Indoor Exercise Space:** Create a home gym in your living room or basement with budget-friendly equipment for convenient workouts.
6. **Join a Community Center:** Sign up for a range of classes at your local community center – from aerobics to badminton, basketball, and yoga.
7. **Visit an Indoor Pool:** Find a local indoor pool and dive into aquatic exercises, like swimming and water aerobics.

This winter, embrace the chilly days as an opportunity to discover new activities, enjoy the beauty of the season, and revitalize your fitness routine. With each step, ski, or swim, you're nurturing not just your body but also your spirit!

Are you feeling overwhelmed by stress or other life events?

**Help can be just a phone call away.** You can call our Employee Assistance Program - Behavioral Health Systems at 800-245-1150 to talk with a trained counselor 24/7, 7 days a week, 365 days a year.

**READ MORE**

[Discover Health and Fitness Apps](https://www.advantageengagement.com/p_content_detail.php?id_element=001&id_cr=73505)

[Winter Weather: Prevent Hypothermia and Frostbite](https://www.advantageengagement.com/p_content_detail.php?id_element=001&id_cr=99658)

[Frosty Fitness: Tips for Safe Winter Workouts](https://businesshealthtrust.com/wp-content/uploads/2023/11/bht-employer-toolkit-flyer_premera_december-2023.pdf)