Being Active When you Have More Than One Health Problem

- When you are living with health problems, regular exercise and activity are important. They make you healthier, stronger, give you energy, and help your mood.
- An active body is less likely to give in to diabetes, heart disease, lung disease, arthritis, depression, or weight gain. Being active can also help protect you from developing new health problems.
- But exercise can be about making small changes in physical activity level. For example, parking your car in the farthest parking space from a store or your office, can be a first small step.

Regular exercise benefits:
- Help control stress, depression, and anxiety.
- Give you more energy.
- Help manage blood pressure and cholesterol.
- Lowers your risk for heart attack and stroke.
- Make your lungs stronger.
- Keep your weight down.
- Keep your blood sugar at a healthy level.
- Can build bone strength.

Be as active as you can as often as you can, but honor your body's limits:
- Set goals that you can reach. If you expect too much, it's easy to get discouraged and stop exercising.
- Keep your emergency phone numbers with you at all times.
- Don't be too active when you begin. This could mean starting out with just a few minutes of exercise. Each day or so, slightly increasing how long and how hard you're active.
- Find a group, class, or buddy you can enjoy being active with.

As an Aetna or Excellus member under the University of Rochester’s medical plan, you have access to the Healthwise Knowledge Database. Healthwise is a global provider of health information, decision support tools, behavior change assistance, and personal care planning. You can use this database and tools to manage their health, make better health decisions, and live healthier lives.

Aetna and Excellus members also have access to discounts and coupon offers for healthy living such as fitness programs through LifeMart and Blue365. Visit the Wellness Discount website for more information.