



Blue Care
Network
of Michigan

Here are health tips you can use on your intranet site or in employee memos,
e-mails or newsletters.

Get nutrition, health, fitness and relaxation tips by taking your BCN Health Risk
Appraisal on MiBCN.com/member and visiting MiBCN.com/natblue.

april



fitness tip

Sun... flowers... blue skies. Sounds like a vacation. But you can see them while you're gardening and doing yard work, and you'll benefit from these weight-bearing exercises that can help keep your bones strong.



nutrition tip

When you exercise, have a light snack about an hour before you work out. Try to have a small serving of carbs, such as whole-wheat pasta, brown rice, fruit or veggies with a small amount of lean protein. For instance, try a piece of string cheese with a few whole-wheat crackers or a hard-boiled egg and some strawberries.



relaxation tip

Remember that no one is perfect. Being able to laugh with your loved ones draws you closer to them. When you are happy and laughing, it's contagious.



health tip

If you wonder about your own or someone else's drinking, a popular screening tool is the CAGE questionnaire:

- Have you ever tried to **Cut** down on your alcohol use?
- Have you ever been **Annoyed** by people trying to talk to you about your alcohol use?
- Do you ever feel **Guilty** about your drinking?
- Do you ever need an **Eye opener** (drinking alcohol first thing in the morning) in order to start your day?

If you answer "yes" to two or more of these questions, speak to your doctor about a more thorough work-up for alcohol dependency or abuse.