



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](http://MiBCN.com/member) and visiting [MiBCN.com/natblue](http://MiBCN.com/natblue).

august



## fitness tip

Hectic mornings? Fit in some exercise to help start your day right. Wake up a little earlier. Start by setting your alarm clock just five minutes earlier. Do stretches and jumping jacks before getting in the shower, or follow a short exercise DVD.



## nutrition tip

While healthy eating includes fruits and vegetables, you may be concerned about E. coli, salmonella, other bacteria poisoning or pesticides left on produce. Give produce a thorough washing in cold, drinkable water to be safe. This also goes for fruits sold with their peels, like oranges or melons.



## relaxation tip

You can get a tension headache when the muscles in your face, neck or head tighten. If you feel one coming on, relax, picture a calm scene in your mind, and breathe slowly and deeply. You can also massage the back of your neck with your thumbs or rest in a quiet dark room with your eyes closed.



## health tip

Many infectious diseases that were once common in the U.S., such as whooping cough and polio, are now preventable. Make sure your child is vaccinated as advised.

See BCN's *Guidelines for Good Health* to see how often at [MiBCN.com/guidelines](http://MiBCN.com/guidelines).