



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.

march



fitness tip

The first day of spring comes this month, but in Michigan the cold weather's not gone. Find out if your recreation center has a pool so you can swim laps or join a water aerobics class. You'll find it refreshing and relaxing.



nutrition tip

Oats have a high concentration of calcium, protein, magnesium, iron, zinc, copper, thiamin, vitamin E — and fiber. To add oats to your diet:

- Substitute oats for up to one-third of the flour in breads, cookies, cakes and muffins.
- Add oats to meat-based recipes such as meatloaf or meatballs.
- Use oats as breading for fish and chicken.



relaxation tip

Tips to make your bedroom sleep-friendly: Minimize noise, light and excessive room temperatures when preparing for sleep. Experts also recommend using the bedroom only for sleep and sex. Activities such as watching TV, reading, eating or working in the bedroom stimulates you. Do those activities elsewhere in the home.



health tip

More than 90 percent of colon cancers occur in people over 50. Ask your doctor about a colorectal screening if you're over 50, or earlier if you have a family history of colon cancer.

See BCN's *Guidelines for Good Health* to see how often at MiBCN.com/guidelines.