

Wellness News

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This issue

Tips for staying healthy at work

Staying active: indoor and outdoor

5 ways to help your kids have a healthy school year

Chicken and spinach quesadilla



“Health is a state of body, Wellness is a state of being.” – J. Stanford

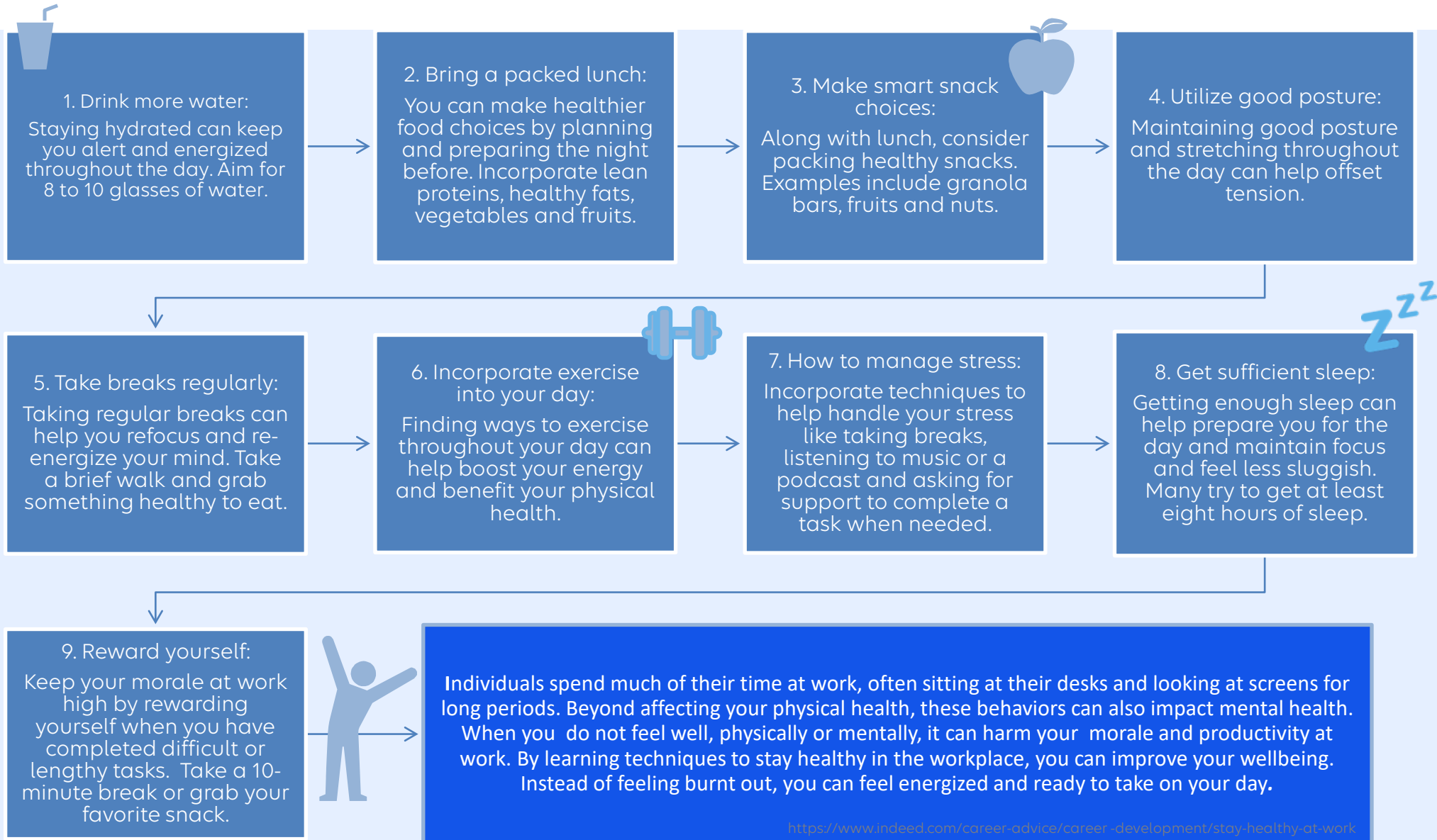


Anthem members: You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing. Simply scan this QR code with your smartphone’s camera to download the Sydney Health app.

Tip: Anthem.com and Sydney Health use the same username and password!

Tips for staying healthy at work

The following advice offers health tips and strategies you can incorporate into your workday:



Anthem members: visit Sydney or Anthem.com to access our free **Action Plans:** they can be rewarding!
Action plans encourage you to Get Active, Reduce Stress, Better Sleep, Increase Energy, Achieve A Healthy Weight, Eat Healthy, and more!
Navigate via Sydney select **MENU > ACCESS CARE > My Health Dashboard > Action Plans**, while you are there be sure to take advantage of all the **PROGRAMS tools and resources.**

Staying Active

Staying active is essential for maintaining physical and mental health. Even with changing weather conditions or fluctuating schedules, there are plenty of ways to keep moving both indoors and outdoors. Here is a rundown of some effective exercises for different environments:

Indoor Exercises

Stretching: You can stretch anytime, anywhere. Stretching may help you increase range of motion and flexibility, improve sports performance, reduce muscle and joint pain, Improve posture and reduce stress.

Strength Training: With minimal equipment, like dumbbells or resistance bands, you can perform numerous strength training exercises right in your living room. Exercises such as squats, deadlifts, chest presses and bicep curls can all be done at home.

Dance: Put on your favorite dance video tutorial or just dance freely to your favorite upbeat tracks. Dancing is not only a fun way to burn calories but also improves your coordination and balance.

Circuit Training: Create a circuit combining cardiovascular exercises such as jumping jacks, burpees, or high knees with strength exercises for a full-body workout.

Outdoor Exercises

Running/Walking: One of the best forms of cardio, running, or even brisk walking, helps to improve cardiovascular health and assists in weight management. Early morning or late evening is the best time to avoid pollution and harsh sunlight.

Cycling: Biking is a low-impact exercise that boosts cardiovascular fitness, improves joint mobility, and increase muscle strength and flexibility.

Swimming: If you have access to a pool, swimming is a total-body workout that improves strength, cardiovascular fitness, and flexibility.

Hiking: Trekking offers an adventurous twist to regular outdoor exercises, helping you to keep fit while enjoying the scenery.



Staying active is more than just working out; it is a commitment to a lifestyle of health. Whether you choose to sweat it out indoors or breathe in the fresh air outside, the benefits to your body and mind are immeasurable.

Anthem members: As part of your health plan, you qualify for discounts on products and services that help promote better health and well-being. Sign into **Anthem.com** to take full advantage of the Special Discounts and offers. From Fitness & Health, Family, Home and much more. Simply log-in to Anthem.com, choose Care, and select **Discounts**. Reminder Sydney and Anthem use the same username and password.



5 ways to help your kids have a healthy school year.

Follow these health tips to help your child start this school year strong.

- 1. Prioritize the Basics:** Reinforce the importance of fundamental health habits including ample sleep, regular exercise, and nutritious meals. Make sure your child maintain these habits for improved academic performance and social well-being.
- 2. Stay Up to Date on Checkups & Immunizations:** Ensure timely well-child checkups and proper immunizations to prevent illnesses and improve school attendance. This includes necessary medications and annual flu shots.
- 3. Tune In to Your Child's Mental Health:** Encourage open discussions about your child's mental state, ensuring they know they can talk about their feelings without judgment. Family routines, meals and self-care activities can boost emotional well-being. Don't hesitate to contact a professional or school-provided resources if you notice worrisome changes.
- 4. Talk about Racism, Bullying & Kindness:** Explain the harm of racism and bullying, while emphasizing the value of kindness and respect. Encourage them to seek adult help if they face or witness such incidents.
- 5. Plan for Mindful Media Use:** With changing routines, review and adjust the family media plan to balance screen time and other activities. Teach your child to discern quality content, avoid false information, and cultivate safe social media habits.

Anthem Members: Please utilize the **Emotional Wellbeing Resources**, ages *13+

Emotional Well-being Resources

Digital tools to improve everyday life

Our Emotional Well-being Resources provide the support you need to develop resilience, reduce stress, and practice mindfulness. The online programs and personalized coaching help you work through thoughts and behaviors that affect your emotional well-being. You'll learn effective ways to manage stress, anxiety, depression, and sleep issues — at no extra cost to you.

*Be sure to create an account for your covered minor dependent. Follow the click path below.

Sydney Health app select **MENU < ACCESS CARE < My Health Dashboard < Featured Programs** to find the above program and others that are available to you and your covered loved ones.

Chicken and Spinach Quesadilla

Simple and healthy recipe that is kid-friendly

Ingredients

- 1 grilled chicken breast
- 1 cup cherry or grape tomatoes
- 2 handfuls of baby spinach
- 2 cups shredded quesadilla blend cheese (or another shredded blend)
- 8 whole wheat tortillas
- Sour cream for dipping

Directions

- Dice the grilled chicken and quarter the tomatoes.
- In a large mixing bowl, toss the chicken, tomatoes, spinach and cheese.
- Lay out a tortilla on a clean, flat surface and arrange the tossed mixture onto the tortilla. Add another tortilla to the top
- Heat on a lightly greased griddle or skillet over medium heat for 2 to 3 minutes per side, or until cheese has melted through.
- Remove quesadilla and cut with a pizza cutter. Let cool slightly before serving.

<https://www.5dollarinnings.com/chicken-spinach-quesadillas/>

Prep Time:	5 minutes
Cook Time:	6 minutes
Servings:	4 servings



Anthem members: You can find additional information about fitness, nutrition and more via the Sydney app. Tap on menu from the home screen, "ACCESS CARE", "My Health Dashboard", and scroll down to "My Health News".