

JUNE

Move More, Feel Better



The Importance of Physical Activity

Physical activity is one of the best things you can do for your health. It can lower your risk of heart disease, type 2 diabetes, and some types of cancer. Exercise also boosts your mental well-being, increases energy, and helps you sleep better. Making movement a part of your daily routine can lead to lasting benefits for both body and mind.

Fitness Can Be Fun!

Exercise doesn't have to be a chore. Find activities you enjoy, such as dancing, biking, swimming, beach games, or playing sports, and make them part of your routine. Listen to music or do these activities with your friends. When fitness is fun, it is easier to stick with it!

Breaking Exercise Barriers

- **Boredom:** Try new activities or fitness classes such as Orange Theory, F45 Training, a zumba class, Soul Cycle, hot pilates, or a run club. Switching things up can help boost motivation.
- **Fatigue:** Start with gentle movement—stretching or a short walk. Often, your energy will increase once you get started
- **Time constraints:** Fit in mini-workouts throughout your day, such as walking during phone calls, taking the stairs, or doing squats while watching TV. If you work from home, consider investing in a walking pad—you can walk at your desk and work at the same time.
- **Don't know where to start?** Begin at your own pace and celebrate small wins. Gradually build confidence and stamina as you progress
- **Lack of motivation:** Set a goal, track your progress, and reward yourself. Try something new—whether it's a different workout, a new outfit, or a change of environment—to keep things interesting and boost your motivation

Please note: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.

HUSK Wellness

At Remington & Vernick Engineers employees and dependents have access to HUSK Marketplace. With HUSK Marketplace, you can access exclusive best-in-class pricing from some of the biggest brands in fitness, nutrition, and wellness. Enjoy exclusive savings and flexible membership options at a wide variety of facilities—from national chains to specialty studios. Whether you're looking for a new workout routine or just getting started, HUSK has something for everyone. Click [HERE](#) to get started!

Walking Challenge Coming Soon!

Get ready for the Wellworks For You Walking Challenge starting June 22nd! Lace up your sneakers and start tracking your steps. It is a great way to stay motivated, improve your health, and have fun with colleagues.

Reminder! Don't forget to earn 100 points to redeem your \$100 gift card.

Log in to your [Wellworks For You portal](#) and navigate to the **Forms & Documents** page to submit your Physician Results Form after you complete your annual preventive care physical, which is covered at 100% in-network every 12 months under Remington & Vernick Engineer's plan. You'll also need to complete your Know Your Numbers assessment. These two activities are required to earn the incentive. You can complete any combination of other eligible activities found in your Program Guide to reach the 100-point goal. For added convenience, you can download the Wellworks For You Mobile App to sync your fitness device, check challenge leaderboards, track your habits, and confirm your Wellness Program completion status. If you have any questions or need assistance, please reach out to Wellnessworks For You at [800.425.4657](tel:800.425.4657).

Sources:

- <https://healthylearn.com/connerstrong/lh/fitness.html>