



WISEWOMAN UPDATE

March 2004

Paperwork

Jennifer Berish has left her position as the Data Entry Specialist for another employment opportunity. Please contact Patty Ferry at (517) 335-9966 or ferry@michigan.gov with any paperwork issues.

TPA Inquires

Please contact Cathy Blaze with all questions related to Nationwide and claims payment.

Phone – (517) 324-7304

Fax – (517) 324-7324

Email – cblaze@mphi.org

When faxing Cathy, please include the following information on the coversheet:

- Date and time of transmission
- Sending facilities name, address, telephone, and fax number
- Number of pages transmitted
- Your confidentiality notice

In addition, when faxing Cathy please:

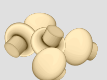
- Send faxes between 7:30 AM and 3:00 PM
- Prior to sending the fax, notify Cathy via email or phone that you will be faxing her
- Pre-program Cathy's fax number in your fax machine

“No Pain, No Gain” Is A Pain

The main reason why many people do not stick with their exercise programs is that they are simply not fun. People who make physical activity part of their lives succeed because they choose an activity they really like. They start slowly, then gradually increase the time and intensity. This approach is gentle and steady. Ultimately, one can get all the gain without a lot of pain.

Here are some engaging activities that can lure the most dedicated sofa spud:

Aerobic dancing	Jumping rope	Stair climbing
Bicycling	In-line or ice skating	Walking
Hiking	Jogging	Cross-country skiing



Buying Walking Shoes

When shopping for walking shoes, keep these tips in mind. They can help you get the comfort, style, and support you need.

- If you need special help and advice, visit an athletic footwear specialty store.
- Shop late in the day when your feet are at their largest.
- If you have some old athletic shoes, bring them with you to shop. They will help the salesperson analyze your gait and the place of most wear. Then you can buy new shoes that match your gait.
- When trying on shoes, wear the socks you will exercise in.
- Make sure the front of the shoe is wide enough so that your toes can spread easily.
- Press your thumb down at the tip of your longest toe to make sure the toe is about the width of a thumbnail from the end of the shoe.
- After lacing, make sure that the lace holes on either side of the shoe are at least one inch apart. If they are too close, you will not have enough room for adjustment. If they are more than a couple of inches apart, the shoes may be too tight.
- Stand on your tiptoes to make sure that your heel does not come out of the shoe.
- Walk briskly around the store to check for comfort and cushioning. Walk on a hard surface, if possible.
- Make sure that the shoe bends easily under the ball of your foot, there is no tightness or rubbing, and the shoe's arch support matches up with your foot's arch.
- Consider buying mesh or leather walking shoes; they let your feet breathe.

Sock It To Me

For walking comfort and blister prevention, choose socks that fit without bunching. Be sure not to get them too small – they will put too much pressure on the end of your toes. Acrylic socks are a good choice because they will wick the sweat away from the surface of your skin. Cotton socks will hold the moisture at your feet and bunch when wet. The thickness really does not matter. Just be sure to try on shoes with the socks you will be wearing; otherwise, the shoes may fit too loosely or too tightly.

