



WISEWOMAN UPDATE

January 2005

FY04 Resubmitted Claims

Nationwide must receive all FY04 resubmitted claims by March 31, 2005.

All resubmitted claims must:

- Be submitted as paper claims **AND**
- Have "Correction" or "Resubmission" written at the top of the claim.

If "Correction" or "Resubmission" is NOT written at the top the claim, the claim will enter Nationwide's normal claim flow and be rejected as a duplicate claim.

Please contact Cathy Blaze at 517-324-7304 or cblaze@mphi.org with any questions.

Why Is Obesity Increasing?

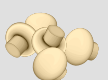
The obesity epidemic is, in large part, a result of changes in the social environment that have increased caloric consumption and decreased energy expenditure in the population. Individuals become overweight or obese because of a combination of excessive caloric intake and inadequate physical activity. For most Americans, both factors are important.

Many current conditions encourage chronic overeating, while multiple barriers reduce the opportunities for physical activity. Food in general is more readily available. Calorie-dense foods (in which fats and sugars make up much of the caloric content per unit serving) are less expensive and more aggressively marketed than healthy foods (such as vegetables and fruits).

Large portion sizes are used to increase the sale of foods in restaurants and fast food places, and vending machines dispensing calorie-dense foods are ubiquitous at worksites, schools, and hotels.

Urban design increases reliance on cars and discourages walking. Opportunities for physical activity as part of daily life have been reduced or eliminated in most schools, workplaces, and communities.

What are some ways in which you can assist WISEWOMAN clients in addressing these barriers? Need some ideas? Please read on for some ways to incorporate physical activity into our daily lives.



Ways to Add 2000 Steps in Your Day

It's not just what we eat that's important, but how we use the calories we consume. As long as you're active enough to balance the calories you eat with the calories you burn in physical activity, you can enjoy an occasional treat and still avoid weight gain.

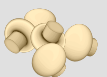
By pledging to walk an extra mile (equivalent to 2000 steps) and reduce 100 calories for one day, you'll see how easy it is to achieve the energy balance that can stop weight gain.

Small changes in your daily activity will quickly add up to 2000 extra steps or more! Find ways to add steps at home, at work, and at play with this list of ideas.

At Home

Household chores, neighborhood walks, and errands are great opportunities for adding steps. Try these ideas for increasing your walking:

- Circle around the block once when you go outside to get your mail
- Walk around the outside aisles of the grocery store before shopping
- Drive or walk to a nearby high school and go around the track
- Make several trips up and down the stairs to do laundry or other household chores
- Pass by the drive-thru window and walk into the bank or restaurant
- Stroll the halls while waiting for your doctor's appointment
- Listen to music or books on tape while walking
- Invite friends or family members to join you for a walk
- Accompany your children on their walk to school
- Take your dog for a walk
- Start a walking club in your community
- Walk to a nearby store, post office, or dry cleaners to accomplish errands
- Cut the grass
- Pace around your house while talking on the phone
- Buy a walking video so you can get in your steps on rainy days
- Experience the splendor of a sunrise on an early morning walk
- Spur your imagination by observing your neighbor's landscaping and gardens while you walk – incorporate ideas from your favorites in your own yard
- Walk to a friend's house for a visit
- Try "retro-walking"; walking backwards distributes your weight more evenly (be sure you're in a safe area and are aware of your surroundings)
- Keep a walking journal. In addition to tracking steps, jot down how you feel after returning from a walk – enhanced energy is a great motivator
- Focus on walking distance over speed – it's better to get in more steps at a comfortable pace than to burn out quickly
- Walk on a treadmill on rainy days or when it's too dark to walk outside
- March in place while watching your favorite TV show
- Reverse your walking routine – start in the direction you usually end
- Catch up on the day's events with your spouse and children on an after dinner walk
- Sleep more soundly at night by taking a walk a few hours before you go to bed



At Work

Adding steps to your workday can help you reduce stress and stay alert. Try these ideas:

- Go for a walk before starting your morning commute – you'll energize yourself for the day
- Exit the bus 1 or 2 stops early and walk the remainder of the way
- Walk to work if you live close enough
- Refill your coffee cup at the machine farthest from your workstation
- Visit the restroom on the far side of the building
- Hold a meeting while you go for a walk
- Avoid elevators and escalators – take the stairs instead
- Park in the far reaches of the parking lot
- Escape the stress of a difficult day by excusing yourself for a few minutes of walking
- Walk to a nearby store to buy a treat for your co-workers
- Designate 10 minutes of your lunch break for a quick walk
- Start an office walking club
- Ask co-workers to join you on a before or after work walk
- Walk to co-workers desks to speak to them instead of sending an email
- Create a step competition with fellow employees – see who can get the most steps in a day
- Climb the stairs or stroll the sidewalks for a few minutes at the end of your shift
- Shake off the effects of your evening commute by walking before dinner

At Play

Whether your leisure time is specifically for physical activity or not, there are plenty of ways to add more steps. Try these ideas:

- Walk around the campus of a nearby university or college
- Window shop while you pace through a shopping mall
- Take the long route when browsing at a shopping center – don't visit the stores sequentially
- Join a water walking class, the natural resistance of the water strengthens muscles
- Tour a museum, zoo, or nature preserve
- Circle around a swap meet or craft show before selecting your purchases
- Take up photography – walk through a scenic location on a hunt for photo opportunities.
- Sign up for a community 5K or 10K walking/running event
- Vary your pace when walking – start out slowly then increase your speed. Include short bursts of speed walking and cool down with a slower pace at the end of your walk
- Contact your local visitor's bureau or historical society and sign up for a walking tour
- Volunteer to walk dogs for an animal shelter
- Meet a friend for lunch at a restaurant you can walk to
- Plan a picnic with friends, family, and children and go for a walk after your meal
- Seek out bargains by walking through your neighborhood looking for garage/yard sales
- Instead of talking on the phone with a friend, meet for a walk and talk

