



Focus on Your Aerobic Fitness This September

LOOKING AHEAD...

Aerobic Benefits

There are so many ways to get cardio, but why should you do it?

Move It Challenge

Are you ready to team up and average 7,000 steps each day over the month?

Wellness Webinars

This month we focus on mindfulness, increasing our strength, protecting our hearts, and meal planning for the whole family.

Back To School

Make sure you're ready for back-to-school season. Don't forget your flu shot!

Navigating MyEnroll

Are you a new hire? Find out how to navigate your MyEnroll portal like a pro!

The latest health and wellness news, tips, and updates from the Lay Benefits Department of the Roman Catholic Archdiocese of Boston.



Aerobic Fitness Is Inclusive!

September means cooler temperatures, leaves changing color, and better weather for going outside for some aerobic exercise! What is aerobic exercise? [Aerobic exercises](#), or “cardio”, are exercises you perform that require oxygen. Your breathing actually controls the amount of oxygen getting to your muscles that allows them to move. When you move larger muscle groups like your upper and lower body, you tend to breathe faster, which in turn [maximizes the amount of oxygen](#) in your blood that is flowing in and out of your muscles from your heart by way of small blood vessels, or [capillaries](#).

[The American Heart Association](#) recommends that adults get at least “150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity”. At 150 minutes per week, that averages out to 30 minutes a day, five day a week! How can you get more cardio in your everyday routine? Many people like to go running, but if running isn't your thing, a 30-minute walk in your neighborhood, with friends, family, or your dog would also work! But for those who don't enjoy running or walking, have a hard time getting out, or suffer from painful joints, what other cardio options are available? Check out some fun ideas for aerobic exercises and the benefits of aerobic exercises on the next page!

The Benefits of Aerobic Fitness



Aerobic fitness helps provide conditioning for your heart. It is [recommended](#) that we get at least 30 minutes of cardio five to seven days a week. By performing cardio often, what are the [benefits](#)? Aerobic exercise:

- ✓ Lowers blood pressure
- ✓ Lowers the risk of developing heart disease
- ✓ Lowers resting heart rate
- ✓ Increases the good cholesterol in our bodies
- ✓ Increases lung function
- ✓ Assists with weight management and even weight loss
- ✓ Activates immune system
- ✓ Boost your mood!

What are some fun ways to get more aerobic conditioning other than walking and running? [The Cleveland Clinic](#) has some recommendations!

- Swimming
- Biking
- Rowing
- Upper body ergometer or arm bike
- Jump roping
- Step aerobics
- Elliptical

[Other recommendations:](#)

- Zumba
- Cardio kickboxing
- Spin class
- Stair Master
- Aerobic circuits
- Dancing



There are many kinds of aerobic activities that you can participate in, whether you're in a wheelchair, a triathlon athlete, or someone who wants to become more active!



MOVE IT – TEAM CHALLENGE

Team up and get moving! **The Move It Challenge invites you and team members to average 7,000 steps a day for at least 28 days.** All recorded steps on your Fitbit, Apple watch, Garmin, or other fitness tracking device will auto-sync after the first setup connection. If you are auto-syncing your steps, do not manually track your steps in the challenge. If you do not have a device synced to the platform, you may manually track your steps in the WellRight platform. Access your WellRight account at catholicbenefits.wellright.com.

Wellness Webinars

Employees and spouses enrolled in one of the RCAB Health Plans and registered in the Blue Cross *ahealthyme* program can earn \$25 into their HealthEquity HRA or HSA accounts for attending a wellness webinar. Points are awarded for a maximum of **six** wellness webinars/family activities per Plan Year.

Create Mental Wellbeing with Everyday Mindfulness Practices - presented by Cheryl Jones

AVAILABLE ANYTIME

Cheryl Jones from *The Mindful Movement* introduces you to new wellbeing skills to reduce stress and build resilience through mindfulness. Explore easy-to-implement ways to incorporate mindful awareness into your day and feel empowered with actionable steps.

[Click Here to Access Video](#)

James Parker-Ashley Fitness Class

AVAILABLE ANYTIME

This class is designed to improve your flexibility, build strength, control, and endurance. All levels are welcome. Grab your fitness mat and join us!

[Click Here to Access Video](#)

Solutions for Heart Health

Thursday, September 15th @ 5:30pm

Participants learn how to improve heart health through good nutrition. Find out the best oils to use for optimal health, clear up confusion surrounding farmed fish, and learn about an array of cholesterol lowering, heart-healthy whole foods.

[Click Here to Access Webinar](#)

Nutrition for Kids & Family Meal Planning

Tuesday, September 27th @ 6:30pm

Participants learn about the problems associated with childhood obesity and how to plan for prevention. The program includes information on the USDA nutrient requirements for children and teens and how to apply good nutrition and healthy lifestyle strategies to improve overall wellness.

[Click Here to Access Webinar](#)



In Case You Missed It...

You can still view the recorded webinars from last month below. **After viewing these webinars, please self-report your viewing to Amanda Gately, Benefits Associate, at agately@rcab.org** and you can earn 25 HRA/HSA dollars. Points are awarded for a maximum of six wellness webinars/family activities per Plan Year. **You can access webinars for 60 days following their live recording date.**

The Mental Perks of Setting Goals and Maintaining Motivation

[Click Here to Access Webinar](#)

Luminate Your Brain Through Optimal Nutrition

[Click Here to Access Webinar](#)

Mediterranean Destination

[Click Here to Access Webinar](#)

Extinguishing Burnout

[Click Here to Access Webinar](#)



*Let us know what you want to see!
Please email Kara Lavertu at klavertu@rcab.org with your webinar topic ideas or requests.*

BACK TO SCHOOL!

Preventing Back Pain at Work or School

Don't overload your bag!

- Carrying a heavy bag for long periods of time on one shoulder can strain your neck and lower back.
- Only carry essentials, switch shoulders often, and carry things in your hands if possible.
- Downsize your bag.

Invest in supportive footwear

- Absorbs the shock from walking, standing, and moving all day
- Without support, feet will start to pronate or supinate.
- Toning shoes, meant to engage more leg muscles when walking, can change gait and posture, leading to back pain.



Don't Forget Your Flu Shot!



Employees and family members enrolled in one of the RCAB Health Plans can get a flu shot at any CVS Caremark network pharmacy *at no co-pay or cost*. Bring your CVS prescription card and valid photo ID.

To learn more about flu shots and find a pharmacy in the CVS Caremark network that administers flu shots, visit: [Walk-in Flu Shots | Flu Vaccine | MinuteClinic \(cvs.com\)](#).

For more information from the CDC about flu vaccines, how to prevent the flu, vaccine benefits, and who is at high risk for flu complications, visit the CDC's website at [cdc.gov/flu/prevent/flushot.htm](https://www.cdc.gov/flu/prevent/flushot.htm).

Navigate MyEnroll Like A Pro!

You can access BAS/MyEnroll through catholicbenefits.org to view your personal benefit enrollment information, review benefit options and costs, submit a life event request, update your beneficiaries, and more! New hires will automatically receive an e-mail from BAS/MyEnroll with steps to log in. If you transfer locations within the Archdiocese of Boston, you will still need to re-enroll in benefits. If you are unsure of your login information, simply click [Forgot Username or Password](#) from the BAS/MyEnroll homepage. You can access instruction guides on how to create a MyEnroll account and complete the new hire open enrollment wizard in MyEnroll by visiting the links below.

catholicbenefits.org/PDF/myenroll/createacct.pdf | catholicbenefits.org/PDF/myenroll/guide.pdf

In good health,
Roman Catholic Archdiocese of Boston Benefits Department

