

# DO-IT-YOURSELF HEALTH



Take a Do-It-Yourself approach to health with monthly fitness and nutrition plans designed by Highmark's health and wellness experts.

With a different focus each month, you'll get all the tips you need to master your diet and exercise routines using simple, easy-to-understand steps.

## EAT FOR HEALTH

DO-IT-YOURSELF HEALTH

**Tips to Remember**

**Why You Need To Start Eating Breakfast the Right Way:**

- Kick starts your metabolism
- Helps to stabilize blood glucose levels
- Curbs hunger hormones that may encourage overeating at your next meal

**What Your Nutrition Expert Says About Breakfast:**

- Pump your protein in the morning with foods like Greek Yogurt, eggs or whole grains.
- Eat healthy fats like avocados or nuts.
- Try new types of grains like quinoa, barley, buckwheat and oats.



**How Will You Eat For Health This Month?**

Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt Breakfast Bowl	Oatmeal with Fruit and Nuts	Breakfast Taco	Hot Quinoa Cereal	Avocado Toast

**Improving Health One Meal at a Time**

Greek yogurt will leave you feeling full and satisfied because of the extra protein.	The fiber in oatmeal will level blood sugar spikes and dips.	Tacos are a fun way to add vegetables to your breakfast.	Quinoa is a great source of protein, fiber and iron.	Did you know that avocados provide nearly 20 vitamins and minerals?
--	--	--	--	---

## MOVE FOR HEALTH

DO-IT-YOURSELF HEALTH

**Tips to Remember**

**Why You Need To Start Strength Training Right Now:**

- More muscle = Calorie torching machine
- Strong = Age defying
- Muscles = Confidence

**What Your Fitness Expert Says About Strength Training:**

- Do it at least 2 times per week
- A good workout includes upper and lower body as well as core exercises
- It is an essential part of overall fitness, in addition to cardio and stretching



**How Will You Move For Health This Month?**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Body Weight Workout:</b> Lunges; Push-ups; Y-W; Dips; Planks Complete 2-3 sets of 15 reps		<b>Dumbbell Workout:</b> Squat and curl; Chest press; Bent over row; Shoulder raise; Reverse crunch Complete 2-3 sets of 15 reps	

**Strive to Add Cardio and Stretching to Your Strength Workouts Each Week**

<b>Cardio Workout #1</b> Aim for 30 minutes of moderate (able to talk) OR 20 minutes of vigorous (talking is difficult) Workouts can be broken into 10 minute sessions.	<b>Strength + Stretch</b> Hold stretches for 30 seconds and focus on your tight muscles.	<b>Cardio Workout #2</b> Aim for 30 minutes of moderate (able to talk) OR 20 minutes of vigorous (talking is difficult) Workouts can be broken into 10 minute sessions.	<b>Strength + Stretch</b> Hold stretches for 30 seconds and focus on your tight muscles.	<b>Cardio Workout #3</b> Aim for 30 minutes of moderate (able to talk) OR 20 minutes of vigorous (talking is difficult) Workouts can be broken into 10 minute sessions.
---	---	---	---	---



Visit <https://blog.highmark.com/tag/diy-health/> for fitness videos, recipes and grocery lists, as well as printable plans to help you exercise and eat well on the go.

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association. 3/16 CS 206821