As technology continues to evolve over time, we continue to lack the need to do many things manually. Shopping? Now online. Manually wash dishes? Load the dishwasher. Go ask the neighbor a question? Text them instead. Technology allows us to get things done faster and more effectively requiring less physical activity on our part. While this convenience can sometimes reduce how often we move our bodies, why not use technology to our advantage? Let’s allow technology to make movement a bit easier, too!

These are some gadgets that can help you move more each day:

1. **Smart Phones:** Not only do they play music, they can operate the numerous fitness apps in the marketplace. Apps include heart rate monitors, mileage trackers, step counters, run trackers, active events in the community, and much more.

2. **Music Playing Devices:** Think of combining music and technology from that iPhone™ to give a boost to your exercising mood and pace. Music is a great tool to help increase physical activity. Have you ever taken an energetic spin class or gone for a walk with your headphones? You may have noticed that the music increased your energy level. Some research shows that listening to music while exercising may help increase the speed and intensity of a workout. Find songs that make you feel good and keep the energy at an all-time high. Creating playlists before you work out is a great way to keep all the good music easily accessible. Music can help you get a boost of energy, stay involved and control the pace of your movement. Finding the right beat may help keep you moving longer.

3. **Electronic Games:** Just when you think that video games for kids were a horrible idea, think again. Now there are games that require movement to play them. They range from virtual dance contests and river rafting to tennis, boxing, and yoga. Each one of the games offers a chance for you to get some exercise. Choose these “exergames” that get you moving while having fun.

4. **Fitness Devices:** Heart rate monitors are now produced with the physically active user in mind. Many devices allow your workout data to be uploaded straight to your smart phone or
computer. If physically logging in your journal isn’t your “thing,” electronic logs could be for you. Many gadgets can track your heart rate, miles traveled or steps taken and intensity.

Let’s take some time in 2014 to support an active lifestyle and make moving everyday a bit easier to achieve. Use these gadgets to inspire, motivate and make moving everyday enjoyable and entertaining while giving you objective data about your progress.

Resource: ACEfitness.org

January SUCCESS STORY

CHECK OUT DIANE’S INSPIRATIONAL STORY

“I’ve lost 50 pounds! What motivated me to make a change was my physical appearance, difficulty breathing, walking, lying flat. My cholesterol was over 200 mg/dl even with medication.

I changed some of my eating habits to include primarily lean protein and reduced processed carbohydrates, especially those that had added sugar. I went to the gym every day, including Zumba, Body Works, and Boot Camp.

If I could help another employee become healthier I would suggest making sure they make a conscious decision to make a change. Then, get your loved ones on board with you. (My husband and I did this together). Allow yourself to make mistakes; give yourself time to succeed! Don’t deprive yourself and plan so you can still eat what you like.”

This story is from Diane Waller. She participated in a Better You From Blue screening in 2012 as a part of the wellness program for Seminole State College.

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**Q&A**

**How does exercise affect my metabolism while I am resting?**

Many things affect your resting metabolism, a process causing us to burn calories even while resting or working at our desk. Exercise can play a huge part in the amount of calories we burn each day, though exercise has little affect on our metabolism while resting.

Research shows metabolism increases *during* exercise, meaning more calories are burned as we are using fuel from our body. The amount of calories you burn depends on the time, type and intensity of exercise plus your normal metabolism at rest (A.K.A. your resting metabolism).

Metabolism returns to normal within the first hour after moderate exercises, such as brisk walking or jogging. Resting for an hour after exercise burns about 10-30 calories more compared to resting for an hour without exercising. For example, if you went on a fast-paced walk during your lunch hour and then returned to your desk, you would burn 10-30 calories more while working than if you did not go on a walk. While not a big difference, exercise’s affects on mood, stress levels, and endurance can make drastic changes in the way we feel day to day.

**References:** Mayoclinic.com, WebMD.com, Acsm.org

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**CHERRY VANILLA SMOOTHIE**

Fruit supplies natural sweetness, beneficial fiber and phytonutrients.

**Ingredients**

- 1 medium frozen banana
- ½ cup frozen sweet cherries
- ¾ cup plain low-fat yogurt
- Sugar or artificial sweetener to taste, if desired

**Directions**

1. In a food processor or blender, process banana until smooth.

**Nutrition Information per serving (1/2 recipe):** 155 Calories, 2g Total Fat; 1g Saturated Fat, 35g Total Carbohydrate, 3g dietary fiber; 114mg Sodium; 5g Protein

Recipe courtesy WebMD.com

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