

# Move To Feel Good



Over half of all adults in the United States are affected by musculoskeletal disorders (MSDs), including almost three-fourths of those 65 and older. MSDs are injuries or disorders of the muscles, nerves, tendons, joints, cartilage, and spinal discs.

The healthy habits below can help you increase your movement, decrease pain and discomfort, and support your body for a lifetime. Chart a course to achieve your personal Move To Feel Good Bingo – Or take it to the next level by completing all activities for a 'coverall' bingo.

Please give us your feedback on Move To Feel Good Bingo [here](#).

<p><b>Practice yoga</b> to reduce tension and increase flexibility. Find the right class for you: <a href="#">Yoga for Busy People Center: A 30 Day Yoga Journey</a></p>	<p><b>Use a foam roller to loosen up tight muscles</b> and trigger points. Get started with a <a href="#">routine</a> from the Mayo Clinic.</p>	<p><b>Strengthen your shoulders</b> by trying two different exercises from the <a href="#">American Council on Exercise</a>. Use the <b>Experience</b> and <b>Equipment</b> filters to find the exercises that are right for you.</p>	<p><b>Ergonomic Check In: Sleeping</b> Use a firm mattress, and don't sleep on your stomach. If you sleep on your side, keep your knees bent and put a pillow between your knees. Use a firm pillow, a neck pillow, or a rolled towel under your neck.</p>	<p><b>Choose your own activity.</b></p>
<p><b>Complete basic strength training</b> that targets your major muscle groups. This <a href="#">routine</a> is led by Certified Exercise Physiologist and Blue Cross VT Health &amp; Wellness Consultant Nicole Williams.</p>	<p><b>Eat at least two servings of anti-inflammatory foods today.</b> <a href="#">Choose healthy foods</a> to help reduce your risk of chronic disease.</p>	<p><b>Participate in a Chronic Pain Management Workshop,</b> free for all Vermonters. <a href="#">Learn more or register</a> at My Healthy Vermont.</p>	<p><b>Choose your own activity.</b></p>	<p><b>Use a lacrosse ball to loosen up tight muscles</b> and trigger points with a <a href="#">lacrosse ball self-massage</a>, also known as self-myofascial release (SMR).</p>
<p><b>Ergonomic Check In: Sitting</b> Chairs should be low enough so both of your feet are flat on the floor. If not, use a footrest. Sit against the back of the chair, and keep your knees level with your hips. Use a lumbar support or rolled towel for lower back support.</p>	<p><b>Strengthen your back</b> by trying two different exercises from the <a href="#">American Council on Exercise</a>. Use the <b>Experience</b> and <b>Equipment</b> filters to find the exercises that are right for you.</p>	<p> <b>FREE SPACE</b></p>	<p><b>Practice Sit for 60, Move for 3</b> for one business day. For every 60 minutes of continuous sitting, take a three-minute mini-break to walk, stretch, and change your activity.</p>	<p><b>Stretch It Out!</b> Take a <a href="#">90-second stretch break</a> with Certified Exercise Physiologist and Blue Cross VT Health &amp; Wellness Consultant Nicole Williams.</p>
<p><b>Increase your water intake.</b> Good nutrition and hydration are key to good mental and physical health. Choose your own goal for the day, or drink a half an ounce of water for each pound you weigh.</p>	<p><b>Choose your own activity.</b></p>	<p><b>Strengthen your lower back</b> with Curl Ups. Lie on your back with your arms extended straight, parallel to your sides. Slowly bring both knees to your chest, and bring your chin forward to your chest. Hold for a count of five, then gradually return to your starting position.</p>	<p><b>Book a massage</b> with a certified massage therapist to work on problem areas and help your muscles relax.</p>	<p><b>Download a free 7 Minute Workout app</b> for <a href="#">iPhone</a> or <a href="#">Android</a> to guide you through a high intensity workout. You will get maximum impact if you complete the workout twice. You can also download a 7 Minute Workout poster <a href="#">here</a>.</p>
<p><b>Choose your own activity.</b></p>	<p><b>Stretch your neck</b> and improve flexibility by trying two different exercises from the <a href="#">American Council on Exercise</a>.</p>	<p><b>Ergonomic Check In: Driving</b> Adjust your car seat forward so that you don't stretch to reach the pedals or steering wheel. Sit up straight, and keep both hands on the wheel. Keep your knees level with your hips, and ensure you have proper lumbar support.</p>	<p><b>Register for the Move To Feel Good Webinar</b> Tuesday, April 18 at 11 a.m. <a href="#">here</a>. Sports Chiropractor Dr. Wendy Mehaffey will discuss tools and exercises for mobility, nutrition, ergonomic tips, and how to decide if you need professional help versus self-care.</p>	<p><b>Learn about strength training recommendations</b> and current guidelines from the <a href="#">American College of Sports Medicine</a>.</p>



The information provided is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified medical healthcare professional prior to starting any new program or treatment, or with any questions you may have regarding a medical condition. By clicking on the links in this page, you may be directed to third-party sites. These links are provided for informational purposes only.

## Questions?

Email [BeWell@bcbsvt.com](mailto:BeWell@bcbsvt.com) or [click here](#) for more information.



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