Move To Feel Good

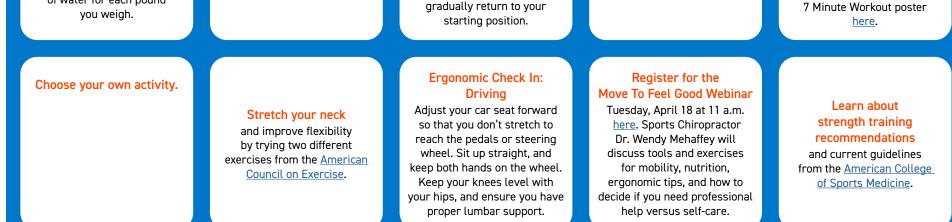
Over half of all adults in the United States are affected by musculoskeletal disorders (MSDs), including almost three-fourths of those 65 and older. MSDs are injuries or disorders of the muscles, nerves, tendons, joints, cartilage, and spinal discs.

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.



You can also download a 7 Minute Workout poster

or drink a half an ounce of water for each pound



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?

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