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*Live. Life. Well.*

## In this issue:

Fitness for Every  
Body

Tips to Stay Hydrated  
All Summer Long

What is High-  
Intensity Interval  
Training (HIIT)?

Shake Up Your  
Exercise Routine

Recipe: Chia Fresca





## Fitness for Every Body

Movement is vital for good health. Higher levels of physical activity have been consistently associated with lower risks of many preventable health conditions.

Bodies come in different shapes, sizes, and abilities. For example, people with previous injuries or surgeries may need to avoid certain exercises to prevent reinjury. People with larger bodies may have limitations that restrict their range of motion.<sup>1</sup> Pregnant bodies may have different challenges each trimester.<sup>3</sup> Fortunately, most exercises can be modified and walking is safe and effective for most people.

Here are some tips for adjusting your workouts to meet your unique needs:

- **Choose low-impact exercises.** Low-impact exercises can help reduce strain on tendons and joints. Walking, water-based activities, cycling, and elliptical training are examples of low-impact activities.
- **Listen to your body.** If certain exercises do not feel right, stop immediately. Pain, tingling, or numbness could indicate an injury. Allow your body to guide you as you build an active lifestyle.
- **Mix up your fitness routine.** Repetitive exercises can increase your risk of injury and also lead to boredom. Change up your exercise routines periodically to boost motivation and give your muscles and joints time to heal.<sup>2</sup>
- **Advance slowly.** Advance your workouts slowly over time to avoid injury and muscle strain. Slowly add additional weight to your strength training routine over time, gradually increase the duration of your exercise routine, and give yourself plenty of time to rest between sets.
- **Get professional guidance.** A physical therapist, exercise physiologist, personal trainer, or sports medicine physician can offer guidance and help you select exercises that are best suited for your health needs and goals.



If you are new to exercise, or have not been active in a while, check with your doctor before changing or intensifying your workout routine. Injuries can create additional roadblocks that may prevent you from being consistent with your exercise routine. Regardless of shape, size, age, or physical limitations, fitness is attainable for everyone.

1. Verywellfit.com. [How to Start a Workout Routine If You're Overweight](#). Nov 4, 2022. Accessed Sept 3, 2023.

2. Cleveland Clinic. [Sports Injuries](#). Last reviewed 11/16/2021. Accessed Sept 10, 2023.

3. Mayo Clinic. [Pregnancy week by week](#). Accessed Sept 13, 2023



## Tips to Stay Hydrated All Summer Long

Drinking plenty of fluid is vital for good health. Fluid carries essential nutrients throughout your body and helps filter out toxins. Most people get about 20% of their total fluid from food, with the rest coming from beverages.<sup>1</sup>

During the warmer summer months, staying hydrated can be particularly challenging. Higher temperatures, more frequent sun exposure, and increased sweating can all result in excess fluid loss from the body.

Try these simple tips to stay hydrated all summer long:<sup>1</sup>

- **Start your morning routine with water.** Drink a glass of water while your morning coffee is brewing for a hydration boost early in the day.
- **Measure your fluids.** Fill a container with water in the morning and set a goal to consume it by a certain time. Ask your healthcare provider for guidance on how much fluid you need each day.
- **Check the color of your urine.** One of the easiest ways to check your hydration status is to look at the color of your urine.<sup>2</sup> The darker your urine, the greater possibility of underhydration.
- **Avoid getting overheated.** When outdoors, look for shady areas to prevent excessive sweating and fluid loss. Stay inside during heat advisories and drink plenty of fluids.
- **Set hydration alarms.** If you tend to forget to hydrate during the busy workday, set a series of alarms and take regular hydration breaks.

- **Consider boosting your electrolytes.** Hydration multipliers and electrolyte drinks have flooded the market in recent years.<sup>3</sup> These products claim to be more hydrating than plain water due to a special combination of ingredients that make it easier for the body to absorb. Many of these products contain high amounts of sugar and sodium, which may not be suitable for everyone. When it comes to hydration products, read labels carefully and ask your healthcare provider for guidance, especially if you have kidney disease or are taking medications that may affect your fluid status.



1. Mayo Clinic. [How to stay hydrated over the summer](#). Accessed Sept 13, 2023.

2. Cleveland Clinic. [What The Color of Your Pee Says About You](#). Nov 8, 2021. Accessed Sept 5, 2023.

3. Healthline. [A Dietitian and Personal Trainer's Experience: Is Liquid I.V. Worth Buying?](#) Jun 12, 2023. Accessed Sept 19, 2023.





## What is High-Intensity Interval Training (HIIT)?

High-intensity interval training (HIIT) is a style of exercise that alternates between short bursts of high-intensity exercise and short periods of rest. CrossFit, Tabata, and circuit training are popular forms of HIIT. These fitness programs can help increase strength, reduce body fat, and improve overall health.<sup>1</sup>

One major appeal of HIIT programs is that they reduce workout times. You can complete a full HIIT routine in less than 30 minutes, while it takes twice that amount of time to achieve the same health benefits with lower-intensity forms of exercise, such as standalone cardio or resistance training.

During HIIT workouts, the general goal is to reach 80- 85% of your maximum heart rate, which is calculated by subtracting your age from 220.<sup>1,2</sup> By comparison, less intense exercise programs generally target 55-70% of maximum heart rate.

An example of a HIIT workout using a stationary bike might look like this: Pedal as hard as you can for 30 seconds, pedal slowly for 2-4 minutes, and then continue alternating between the two for 15 to 30 minutes.

If you have difficulty finding time to work regular exercise into your busy schedule, or have limited time for workouts, HIIT may be a great option. The shorter workouts can make it easier to be consistent with exercise, which helps maximize health benefits over time.

HIIT is not for everyone, though. People who are not conditioned to exercise may not be able to tolerate the higher intensity levels. Likewise, this type of exercise may not be safe for people with certain health conditions like arrhythmias (irregular heart rate), joint or musculoskeletal (MSK) conditions, unstable diabetes, or eye diseases like retinopathy.<sup>1</sup>

As with any form of exercise, the best approach is to start slowly at lower intensities and gradually increase the intensity over time. It is also a good idea to check with your healthcare provider before beginning a HIIT training program to make sure it is safe for you.

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*You can complete a full HIIT routine in less than 30 minutes, while it takes twice that amount of time to achieve the same health benefits with lower-intensity forms of exercise.*

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1. Harvard School of Public Health. [HIIT \(High Intensity Interval Training\)](#). Accessed Sept 8, 2023.

2. Centers for Disease Control and Prevention (CDC). [Target Heart Rate and Estimated Maximum Heart Rate](#). Last Reviewed Jun 3, 2022. Accessed Sept 3, 2023.

3. Healthline. [7 Benefits of High Intensity Interval Training \(HIIT\)](#). Apr 14, 2021. Accessed Sept 19, 2023.

# Shake up your exercise routine

Routines can be helpful, and they're an important part of creating healthy habits. But sometimes you may feel bored or stuck. The good news? You can easily mix things up to keep them fresh and fun.

Choose from heart-healthy activities (cardio), like jogging or swimming. Or try weight training to work your muscles. And don't forget about flexibility and balance activities, which can help prevent falls as you age.



## Easy ways to make changes

Just mix and match these activities to see what you enjoy.



### Cardio

- Walking or hiking
- Running or jogging
- Biking
- Swimming
- Group classes
- High-intensity interval training (HIIT)



### Resistance training

- Weight training
- Resistance bands
- Pilates/yoga
- Group classes
- Bodyweight exercises



### Social

- Tennis
- Pickleball
- Soccer
- Volleyball
- Softball
- Basketball



### DID YOU KNOW?

Having a routine creates structure and builds healthy habits. It can also help you lower stress, and reach your goals.\*

**To get started, decide what you want to do first.**

Then make a fun, consistent plan, track your progress and reward yourself!

Be sure to check with your doctor before starting any exercise plan. Together, you can decide what works best for you.

\*FOR REACH YOUR GOALS: Barber, Julia. [The power of routine: A path to a healthy lifestyle](#). Fit Flavors. July 18, 2023. Accessed March 27, 2024.

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## Chia Fresca

### Ingredients

- 1 tablespoon Chia Seeds
- 2 cups Filtered Water
- 2 medium Strawberries Sliced (note 1)
- 1 slice Fresh Ginger fresh peeled (note 2)
- 1 teaspoon minced peeled fresh ginger
- 1 1/2 tablespoons Lemon Juice
- 2-3 drops Stevia Drops

### Instructions

For the best flavors, prepare the drink the day before.

In a glass mason jar, add chia seeds, lemon juice, fresh ginger (skip if you do not like ginger, see note for options), stevia drops, strawberry slices, and water.

Stir, close the jar, and place it in the fridge. The seeds will always gravitate to the bottom of the jar, and that is normal.

Serve with a straw – it makes it easier to drink the seeds and water. Always stir with the straw just before drinking to disperse the seeds in the drinks.

Store up to 4 days in the fridge.

Prep Time	Total Time	Servings
15 minutes	13 minutes	1



### Nutrition Facts

Calories	64
Total Fat	3.7g
Sodium	29mg
Carbohydrate	7g
Dietary Fiber	4.2g
Protein	2.1g





*Drinking water is like washing out your insides. The water will cleanse the system, fill you up, decrease your caloric load, and improve the function of all your tissues.*

— Dr. Roger Stone, MD