

WELLNESS CONNECT



Moving this Summer!

Author: Lindsay Bloom, One to One Health Coach

Greetings HCS Employees,

In this month's newsletter, we will outline the numerous health benefits of staying active, share ideas on how to increase movement for ourselves, and encourage others to do the same.

Physical and Mental Benefits

Physical activity is a key component of both our physical and mental health. Physically, it reduces the risk of many chronic conditions including heart disease, type 2 diabetes, and certain cancers, improves energy and stamina, and aids in weight management or weight loss. Mentally, it reduces stress, improves mood, and eases symptoms of anxiety and depression.

Physical Activity Guidelines

The Physical Activity Guidelines for Americans and the American College of Sports Medicine (ACSM) recommend that adults get 150 minutes of moderate aerobic activity each week (anything that makes your heart beat faster) and two or more days of muscle-strengthening activities. It is also important to include flexibility (stretching) exercises on most days.

Get Moving

The key to creating healthy habits around physical activity lies in choosing an activity you enjoy. Do you enjoy being outdoors? Spring has arrived and summer is on its way, making May the perfect time to get outside and move. Consider going for a walk, riding your bike, or hiking a local trail.

Most importantly, just move! Remember any movement is better than doing nothing at all. If it has been a while, start slow and gradually increase your time and intensity to avoid injury or burnout. Your body and mind will both be grateful.

Are you wanting to learn more about physical activity and how to make it work for you? Scheduling an appointment with a health coach is a great way to learn more about adding physical activity and/or set goals on how to do so. To schedule, [call 423-498-7020](tel:423-498-7020) or [email healthcoach@121.health](mailto:healthcoach@121.health).

Want to learn even more? Read the full Moving this Summer article [here](#) or check out the [Move Your Way](#) resource from health.gov, and create your own plan using their [Activity Planner](#).

HCS EDHEALTH & WELLNESS

Clinic services are available to Hamilton County Schools employees, spouses, dependents, and retirees enrolled on an HCS insurance plan. Clinic services are provided to you at no cost!

HCS Hickory Valley

3074 Hickory Valley Road, Bldg. 229
Chattanooga, TN 37421

Hours:

Monday: 8am-6pm

Tuesday: 7:30am-6pm

Wednesday: 7:30am-6pm

Thursday: 8am-6pm

Friday: 7:30am-4pm

Saturday: 8am-12pm

Walk-in Hours: Mon & Thurs: 9am-11am

Sat: 8am-12pm

HCS Hixson

4206 North Access Road
Chattanooga, TN 37415

Hours:

Monday: 7am-5pm

Tuesday-Friday: 7am-4pm

Saturday; Closed

Walk-in Hours: Wed & Fri: 1pm-3pm

HCS Riverfront

1067 Riverfront Parkway, Suite 201
Chattanooga, TN 37402

Hours: Mon-Fri: 8am-5pm

Walk-in Hours: Tues: 9am-11am

**HCS EdHealth & Wellness
clinics are now offering FREE
diabetic meters and strips!
Supplies are available to all
clinic-eligible members.**

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