



NEW: Work Well! Live Well! Add Movement to Your Days

A Two-week Self-Directed Activity Incentive Program

May 9 to 23, 2022

May is Global Employee Health & Fitness Month! In honor of this international initiative we invite you to participate in this self-directed Work Well! Live Well! Activity Challenge. The MIIA Well Aware Program is committed to providing encouragement and resources to all employees, spouses, and dependents in their health and fitness journey.

Join us from May 9 to 23, 2022 in the MIIA Work Well! Live Well! Activity Challenge to promote health and fitness in and out of the workplace. Activities ranging from fitness, nutrition, mental health, sleep and more will be provided.

Participants who complete at least 12 out of the 22 possible activities can select a prize.

No registration is necessary.

- Complete and return the included waiver form **before** starting the program.
- Complete AT LEAST 12 of the health and fitness activities provided to win a prize. Each activity may be completed no more than two times.
- Each time you complete an activity, check the box that coincides with it marking it as "complete". Please also note the date the activity was completed and a brief description of your activity.
- Each number on the Activity Log Form coincides with the number on the resource page which provides instructions and ideas for completing each activity.
- Return your completed log and prize form to Mary Harrington at mharrington@mma.org or mail to MIIA, 3 Center Plaza, Suite 610, Boston, MA 02108 by June 10, 2022 to be eligible for a prize (only MIIA/BCBS subscribers are eligible for prizes).

Work Well! Live Well! Activity Challenge



Please email completed form to Mary Harrington at mharrington@mma.org BEFORE you begin your program on May 9, 2022.

Assumption Of Risk And Release

I, the undersigned, certify that I am in good physical health and able to participate in all of the activities of the abovenamed program. In particular, I certify that:

- 1.) A doctor or other health professional has never told me that I should not do mild to moderate exercise.
- 2.) I do not feel pain in my chest when I do physical activity.
- 3.) I do not lose my balance due to dizziness and I have never lost consciousness.
- 4.) I do not have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in my physical activity.
- 5.) I am not aware of any other reason why I should not do physical activity.

I acknowledge that the instructor for the above-named program has described for me the activities that I can expect to be performing as part of the program, that I have been provided an opportunity to ask questions about the program, and that any questions I have asked have been answered to my full satisfaction.

I understand and acknowledge that there are inherent dangers and risks associated with participation in any form of an exercise program or exercise testing which can include, among other things, dizziness, fainting, falls, muscular and skeletal injuries, and cardiac or respiratory conditions. I further understand that MIIA and the MIIA Health Benefits Trust do not indemnify individuals with respect to injuries or other liabilities arising out of participation in the above-named program. I hereby agree to assume all risks and responsibilities surrounding my participation in the above-named program. I have read and understand any and all written materials setting forth the requirements for participation in the abovenamed program, as well as those explained by the instructor(s), and I agree to strictly observe them. Further, I do for myself, my heirs, executors, and administrators hereby accept full responsibility for my participation and agree to indemnify, release and discharge the Massachusetts Interlocal Insurance Association, the MIIA Health Benefits Trust, as well as their officers, employees, trustees, agents, attorneys and assigns from any and all claims or actions for property damage, personal injury, and/or death arising from such participation in the above-named program or growing out of or caused by any acts or omissions during my participation in the above-named program.

I further acknowledge that my participation in the above-named program is voluntary and that neither my Employer nor any other party has required my participation in this program or has induced me in any way to participate in this program.

Signature of Participant

Date

Print Name

Employer

Resources



Some of the below activities require a MIIAWinners account. Please [click](#) to access instructions to simply create an account if you do not have one already.

1. *Ompractice* is our super platform for taking free LIVE ONLINE yoga and meditation classes from home! All employees, spouses, and dependents (18+) are eligible. [Sign Up or Sign Into your Account here](#)
2. Quizzify helps you become a wiser health care consumer, save money and improve your health! Participate in short, monthly online “quizzes” for your chance to win \$100! Available to all employees. *Only MIIA/BCBS subscribers are eligible for gift cards.* [Login or Register to play today!](#)
3. Improve flexibility and strength while also relieving stress and fatigue by taking a yoga or pilates class. [Click Here*](#) to try one of MIIA’s yoga or Pilates classes, choose from Vinyasa Flow, Yoga for Backs, Gentle Yoga and many more!
4. Hydration is a VERY important piece to staying healthy! ***Current guidelines suggest drinking .5-1oz of water per pound of body weight.*** Are you getting enough? View “[Dehydration Danger and How to Stay hydrated](#)”^{*} to learn more!
5. Eating 5 or more servings of fruits and vegetables every day is an important part of a healthy lifestyle. Deeply colored fruits and vegetables provide a wide range of vitamins, minerals and antioxidants your body needs to maintain good health and energy levels. Diets high in fruits and vegetables may minimize the effects of aging, reduce the risks of some types of cancer, and lower the risk of heart disease. [Click here](#) to find delicious and nutrient packed recipes! For more tips [Click here!](#)
6. Strength/resistance training improves bone health, maintains muscle mass and a healthy weight, and decreases the risk of many injuries. [Click Here*](#) to complete a strength/resistance workout with one of MIIA’s certified trainers! We recommend...
 - a. 30-Minute Total Body Workout with Charlie Ross
 - b. 15-Minute Quick Abs with Katie Guyer
 - c. 20-Minute Total Body (0-equipment) total body workout with Kate Kuzminski
7. Adding plants indoors has a grounding effect and imbues a sense of sanity during these times. [Click Here*](#) to view the “You Can Grow Houseplants, Yes You!” video to learn more!
8. Taking a break allows us to be present where we are, increases our connection to those we are physically around, reduces stress, stops us from comparing our lives to others on social media, and improves our sleep, feeling refreshed and productive. Try keeping your phone out of your bedroom and waking up with an alarm clock; put your phone away in another area when you are interacting with another person [social distancing and Zooming apply here too!]; try a phone free hour/couple of hours/day and let your loved ones know ahead of time.
9. Is there such a thing as a “perfect” posture? The answer is...not really! [Click Here*](#) to learn how to optimize different postures!



10. Studies have shown that spending time in nature is an easy and fun way to improve mood and health. A recent study by Nature Scientific Reports states as little as 120 minutes per week is optimal to lift your spirits and improve health. Walking, biking, gardening, canoeing, golfing, going to the beach, and bird watching are just a few examples.
11. We would love to see how you are enjoying Employee Health & Fitness Month! Submit a photo with your activity log to show us an activity that you enjoyed!
12. Taking care of yourself, through self-care and/or meditation, are essential to our wellbeing. Our ability to manage stress and difficulty increases with our ability to be kind and support ourselves. Make at least 20 minutes of time in your day to do something you love; try or practice a hobby, take a bath, journal, light a candle and make a cup of tea, or practice meditation. If you are new or seasoned to meditation, try the Calm app, free meditations with the Headspace app or self-compassion meditations with Kristen Neff ([5 - 24 minute long practices](#)).
13. Eating plant centered meals, [full of fruits, vegetables, grains, beans, legumes and nuts, is rich in fiber, vitamins and other nutrients] can reduce your risk of heart disease, type 2 diabetes, increase your kidney function, require less natural resources [water, land, grain] and emits less greenhouses gases into the air. Try [40 Easy Vegetarian Recipes for Busy Weeknights](#).
14. Complete the May Webinar Buffet challenge: See May Wellness Newsletter for Registration [Click Here](#) for Details
15. Cardiovascular exercise strengthens your heart and muscles, burns calories, improves mood and sleep and helps prevent high blood pressure, heart disease and diabetes. [Click Here*](#) to complete a cardio workout with one of MIIA's certified trainers! Some of the many options include Line Dancing, How to train for a 5K race, Cardio, Core and More.
16. A strong immune system is even more critical given the prevalence of COVID-19. Try one of the immune boosting foods listed in this "[12 Foods to Boost Your Immune System](#)" article
17. Improving your flexibility can improve posture, decrease back pain, and decrease your risk of falls. [Click Here*](#) to complete a stretching/flexibility class with one of MIIA's certified trainers! We recommend...
 - a. 20-Minute Flex and Stretch with Paul Connolly
 - b. 4-Minute "Snap, Crackle, Pop!" with Kate Kuzminski (Complete Part 1 & 2 for a total body stretch in 8-minutes!)
18. Even when you feel you don't have time, taking a five to 10-minute "brain break" can get you back on track with renewed energy, better focus and increase your productivity. Try doing a crossword puzzle, reading a book, playing a card game or even painting to restore your creativity and motivation.
19. Get a great workout and have fun by trying a new workout with one of MIIA's certified fitness instructors. [Click Here*](#)



to view the variety of speciality fitness classes to choose from including Pilates, Tai Chi, Barre and Tone or a 15-minute Boot Camp.

20. When you cut back on your sugar intake you can improve your heart health, stabilize your energy levels and moods, lose weight, have clearer skin, and improve your brain function. Read this article to [learn how to reduce your sugar intake](#); why you should stop eating ultra-processed foods , understand how much sugar is in your drinks and how to spritz up a glass of water.
21. Sleep is an important component to living your healthiest life. Review these resources and incorporate at least one component from each.
 - a. ["Sleep Well, Rest Well, Be Well"](#)
 - b. ["The Benefits of Napping"](#)
 - c. ["Eating, Drinking, and...Sleeping"](#)
22. Sitting for extended periods of time throughout the day can increase your risk of obesity and chronic diseases such as heart disease, and many cancers. [Click Here*](#) to view "Sit for 60, Move for 5!" with Kate Kuzminski to learn more about how you can get moving throughout the day!

* You may need to scroll down to find the video on our website.

Work Well! Live Well! Activity Log Form



No registration necessary. Please complete the following log and prize form in full. Return it to Mary Harrington at mharrington@mma.org OR mail to Mary at MIIA, 3 Center Plaza, Suite 610, Boston, MA 02108 by June 10, 2022. Complete AT LEAST 12 of the health and fitness activities provided to earn a prize. Each activity can only be done twice. Every time you complete an activity, check the box that coincides with it marking it as "complete". Please also note the date the activity was completed and a brief description of your activity. See the resource list for ideas and instructions on how to complete each activity. All log forms must be unique in the case where a spouse or dependent is also participating.

- | | |
|--|--|
| <input type="checkbox"/> _____ 1. Try an Ompractice Class | <input type="checkbox"/> _____ 13. Have a meatless meal |
| <input type="checkbox"/> _____ 2. Complete the May Quizzify Quiz | <input type="checkbox"/> _____ 14. Complete May's Webinar Buffet Challenge |
| <input type="checkbox"/> _____ 3. Complete a Yoga and/or Pilates workout | <input type="checkbox"/> _____ 15. Complete a Cardio Workout |
| <input type="checkbox"/> _____ 4. Stay Hydrated! | <input type="checkbox"/> _____ 16. Eat an immune boosting food today |
| <input type="checkbox"/> _____ 5. Eat 5-10 fruits and vegetables in one day | <input type="checkbox"/> _____ 17. Complete a flexibility/stretch workout |
| <input type="checkbox"/> _____ 6. Complete a strength/resistance training workout | <input type="checkbox"/> _____ 18. Take a break and challenge your brain |
| <input type="checkbox"/> _____ 7. View "You can Grow Houseplants" video | <input type="checkbox"/> _____ 19. Complete a specialty fitness workout |
| <input type="checkbox"/> _____ 8. Take a Break | <input type="checkbox"/> _____ 20. One full day without added sugars |
| <input type="checkbox"/> _____ 9. View "What is the Perfect Posture for You?" video | <input type="checkbox"/> _____ 21. Assess your sleep environment |
| <input type="checkbox"/> _____ 10. Get Outside (15 minutes a day for at least 6 days of the challenge) | <input type="checkbox"/> _____ 22. View "Sit for 60 Move for 5" video series |
| <input type="checkbox"/> _____ 11. Share a photo of your activity today! | _____ Total activities completed |
| <input type="checkbox"/> _____ 12. Practice Self-Care and/or complete a meditation | |

Name _____ Employer _____

MIIA/BCBS subscriber: Yes No

Email _____ Phone _____

Mailing address _____

Prize choice. Choose 1st and 2nd choices. If you don't specify, we will choose your prize. [Click](#) to view below prizes. Can also view at [emiia.org](#). Click on Well Aware, then click on Incentives. Only MIIA/BCBS members eligible for prizes.

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| <input type="checkbox"/> Nature Sound Spa | <input type="checkbox"/> First aid kit | <input type="checkbox"/> Self-massage balls (set of 2) |
| <input type="checkbox"/> Pet Lovers travel kit | <input type="checkbox"/> Zuma cooler backpack | <input type="checkbox"/> Salad and Pasta Pals |
| <input type="checkbox"/> Outdoor headlamp | <input type="checkbox"/> Fleece Blanket | <input type="checkbox"/> Sinus Soother |
| <input type="checkbox"/> Slope Messenger Bag | <input type="checkbox"/> Oven mitt | <input type="checkbox"/> Under Armour® 24 oz. Dominate Water Bottle |
| <input type="checkbox"/> Wind chimes | <input type="checkbox"/> Hand warmers (package of 10) | <input type="checkbox"/> Reflector Vest |
| <input type="checkbox"/> VODAPOD 32-ounce Water Bottle with Time Marker | <input type="checkbox"/> Bamboo cutting board | |
| <input type="checkbox"/> Insulated cotton cooler lunch tote | <input type="checkbox"/> Collapsible strainer | |
| <input type="checkbox"/> Shake it work out bottle | <input type="checkbox"/> Camper 34 oz. Stainless Steel Vacuum Container | |

/miiasocial | www.emiia.org



Open to all employees, only MIIA/BCBS members are eligible for prizes.