



Make the Healthy Choice an Easy Choice

When it comes to making healthy choices, it's easy to get overwhelmed by all of the information out there. Whether it's eating right, getting exercise, or squeezing in a little extra sleep, there are some simple solutions to make your health and wellness a priority. Think of it in the four stages below:

-1-
Eat
Right

-2-
Move
More

-3-
Sleep
Better

-4-
Use your
Resources

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Eat Right

The foundation for any healthy lifestyle is eating right and giving your body the best fuel. A healthy diet can help you lose weight, lower your cholesterol level, and improve the way your body functions on a daily basis. According to the Mayo Clinic, when you're planning a healthy diet you should:

- Include a variety of foods from the major food groups such as fruits, vegetables, lean meats, and whole grains.
- Follow guidelines for how much food to choose from each food group.
- Use foods you can easily find in your local grocery store.
- Choose foods that fit your tastes, lifestyle and budget.

Note: You should always consider your health risks, such as diabetes or high cholesterol, and consult your doctor before making big changes to your diet.



Easy Options for Healthy Eating

Here are healthy food options, recommended by the Mayo and Cleveland Clinics, which are easy to find on any trip to the grocery store. The chart also includes healthy daily serving suggestions.



WHOLE GRAINS*

6–8 daily servings

- Whole grain bread
- Oatmeal
- Whole wheat pasta
- Brown or wild rice
- Corn or whole wheat tortillas



VEGETABLES

2–3 daily servings

- Spinach
- Kale
- Red bell peppers
- Sweet potatoes
- Carrots
- Yellow or white corn



FRUITS

1.5–2 daily servings

- Cantaloupe
- Strawberries
- Blueberries
- Apples
- Oranges
- Mangoes



MEATS & PROTEIN

4–5 daily servings

- Almond butter
- Salmon
- Black beans
- Ground turkey
- Lean cut beef
- Chicken



DAIRY

2–3 daily servings

- 2% milk
- Greek yogurt
- Cottage cheese
- Cheddar
- Mozzarella

*If you suffer from a gluten allergy, there are gluten free options available in grocery stores for all of the examples above.

Let Weight Watchers Help You!

LBUSD, CSEA, and TALB partnered with *Weight Watchers*® to give you access to tools and support to make healthy choices the easiest choices. With *Weight Watchers*® it's easy to:

- Make healthy eating simpler
- Find ways to move more each day
- Lose weight and maintain a healthy lifestyle

Go to www.lbusdwellness.com to learn more about *Weight Watchers*® and enroll today! If you are interested in attending a *Weight Watchers*® meeting at work, complete the Interest Form on our *Weight Watchers* page (the link for the Form can be found just below the "SIGN UP NOW" box).

Move More

Do you find yourself looking for an energy boost during the day? Look no further than a little bit of exercise. The health benefits of regular exercise and physical activity are hard to ignore and can help you find the energy you've been missing. Here are just some of the advantages of regular exercise:

- Maintain or lose weight
- Boost your energy
- Sleep better
- Combat chronic health conditions and diseases
- Improve your mood
- Relieve your stress

Make an Exercise Schedule

When you're planning your personal fitness program, consider your goals, think about your fitness likes and dislikes, and know your personal limits when it comes to fitness. Consider a reasonable approach for keeping your fitness program on track.

One of the ways you can do this is by making a schedule for yourself. The Department of Health and Human Services recommends healthy adults include 2 hours of moderate cardio-related exercise, like running, and 2 days of strength training exercises a week. Below is an example of an easy-to-use workout schedule:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Cardio: 30 minutes</p> <p>Examples:</p> <ul style="list-style-type: none"> • Brisk walk • Light jog • Exercise class 	<p>Strength Training: 30–45 minutes</p>	<p>Cardio: 30 minutes</p> <p>Examples:</p> <ul style="list-style-type: none"> • Brisk walk • Light jog • Exercise class 	<p>Strength Training: 30–45 minutes</p>	<p>Cardio: 30 minutes</p> <p>Examples:</p> <ul style="list-style-type: none"> • Brisk walk • Light jog • Exercise class 	<p>Rest</p>	<p>Cardio: 30 minutes</p> <p>Examples:</p> <ul style="list-style-type: none"> • Brisk walk • Light jog • Exercise class

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Sleep Better

Finding the time for a little extra shut eye can be a struggle. Work, school, commitments at home, or any number of things can take priority over sleep. Don't worry! There are some easy ways to squeeze a little more rest into your life. Try these few tips:

- Stick to a sleep schedule
- Create a bedtime ritual
- Get comfortable
- Limit daytime naps
- Exercise



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Try the 4-7-8 Breathing Method

The "4-7-8" breathing technique can help you fall asleep a little more quickly. Developed by Dr. Andrew Weil, a leader in integrative medicine, the method relaxes you by increasing the amount of oxygen in your blood stream, slowing your heart rate, and releasing more carbon dioxide from the lungs. Here's how to do it:

- 1 Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise.
- 2 Exhale completely through your mouth, making a whoosh sound.
- 3 Close your mouth and inhale quietly through your nose to a mental count of 4.
- 4 Hold your breath for a count of 7.
- 5 Exhale completely through your mouth, making a whoosh sound to a count of 8.
- 6 Repeat the cycle three more times for a total of 4 breaths.

Use Your Resources

Kaiser and Blue Shield of California offer a wide variety of programs, interactive tools, articles, and more to help you become the healthiest version of yourself. Here are some of the resources available to you.



Kaiser

Kaiser offers four programs to help you target specific wellness goals:


Nourish Diet Program: Gives you an in-depth look at what you eat every day and helps you make healthy food choices.

Balance Exercise Program: Helps you get motivated about fitness, gain confidence, and offers resources such as exercise videos, goal-tracking tools and more.

Breathe Smoking Cessation Program: Supports you as you explore why it's hard to quit smoking with a customized action plan and offers tips and advice to help you give up the habit.

Relax Stress Management Program: Delivers a customized plan to manage symptoms and health issues related to stress.

Go to my.kp.org/lbusd to learn about these programs and others.

blue  of california

Blue Shield of California

Blue Shield of California members have access to many programs, tools, and articles to help make wise choices and take action on your health goals.

Preventive Health Program: Helps you stay up to date on recommended screenings, tests, and immunizations for children, women, and men.

Wellvolution: Take a well-being assessment to identify areas to focus on, and let Wellvolution guide you through daily and weekly challenges to help you start making changes and stay on track through your wellness journey.

Wellness Discounts: Blue Shield's wellness discount programs can help you save money and get healthier. Discount vendors include 24 Hour Fitness, ClubSport and Renaissance ClubSport, Weight Watchers, and more.

Go to www.blueshieldca.com/lbusd to learn about these programs and others.

Switch Your Prescriptions to Home Delivery and Save!

By having your medicine delivered to your home, you'll get up to a 90-day supply for just one copay! It's all part of your prescription drug coverage through Express Scripts. (for Blue Shield of California PPO plan members)

Pay less

With a 90-day supply, you'll typically pay less and standard shipping is free. You can refill by phone, online, or sign up for our automatic refill program and we'll send your medicine to you when it's time.

Get started. It's easy!

Sign up online at www.express-scripts.com or by calling (866) 662-0297.

Remember!

You can use home delivery to refill your maintenance prescriptions if you're enrolled in any District medical plan.

Contact your carrier directly to find out more and start home delivery.

For the Blue Shield HMO:
www.blueshieldca.com/lbusd

For the Kaiser HMO:
my.kp.org/lbusd





Enroll in a Flexible Spending Account

FSA Open Enrollment is November 6 – November 19!

It's time to enroll in flexible spending accounts for 2017! As previously communicated, FSAs did not move to a mid-year plan year like the rest of your District health benefits. Starting November 6, you can enroll in a Health Care or Dependent Care FSA for 2017. Your FSA accounts will open January 1 and close on December 31, 2017.

How to Enroll

Look for an enrollment letter with instructions about how to enroll in your FSA, to be delivered to your home by November 6.

Don't Forget!

Here are some important things to keep in mind when it comes to your FSA:

- **Know what's eligible:** Visit <https://www.irs.gov/publications/p502/> for the complete list of eligible expenses.
- **Keep your receipts:** This will help you submit claims and receive reimbursement from your account easily.
- **Use your whole balance by December 31:** If you elected to contribute to an FSA in 2016 and you don't use your whole balance by the end of the year, you'll have a grace period to use the funds and submit claims. Any available balance must be used by March 15, 2017, and claims must be submitted by March 31, 2017. Any remaining funds will be forfeited.

Questions?

If you have questions about your FSA or for more information, go to www.wageworks.com or call (855) 774-7441.



Long Beach Unified School District
1515 Hughes Way
Long Beach, CA 90810-1839



Employee Name
Employee Address
State, Zip

Don't Forget! Enroll in an FSA

Starting November 6, you can enroll in a Health Care or Dependent Care FSA for 2017.

Simple Solutions to Making Healthy Choices

We know you've been working hard when it comes to making wellness a priority. Sometimes it can be a challenge to make sense of all of the information available when it comes to diet, exercise, and getting enough sleep. This newsletter offers some simple solutions to make healthy choices easier. Inside you'll learn how to make it easier to:

- 1 Eat right
- 2 Move more
- 3 Sleep better
- 4 Use your resources

Each section gives you tips and tricks, to help you lead a healthy and fulfilling lifestyle. **Open this newsletter now to get started or keep moving!**