



April 2021

Get Wise to Exercise



By Personal Best Healthlines

Instead of focusing solely on body weight, focus on inspiring numbers that may be easier to control. For example:

- How long can you exercise? With frequent practice, you will slowly increase your amount of activity.
- How many steps do you take daily? Use an app to count steps, and gradually increase your number.
- How many repetitions of an exercise can you do? Start with a few sit ups, push-ups or bicep curls and build on that number.

After a few weeks, you will start to see progress. If your weight goes down and your clothes fit better, that's great. But even if they don't, exercise still helps improve your well-being.

Aim for at least 150 minutes of moderate intensity exercise per week, such as brisk walking. Exercising more than the minimum brings additional benefits. Add some muscle strengthening activities at least twice a week.

City Events

Making Tax Returns Less

Taxing Webinar

April 1 12:00 pm - 1:00 pm

Click here to [register](#)

New! Kinside Childcare Network

Overview Webinar

April 6 12:30 pm - 1:15 pm

Click here to [join](#)

Sleep Matters Webinar

April 7 11:30 am - 12:00 pm

Click here to [register](#)

“Tech Neck” Ergonomic Webinar

April 13 12:00 pm - 1:00 pm

Click here to [register](#)

Routine Care for You: Prostate Cancer

Screening, Colorectal Screening and

More Webinar

April 21 12:30 pm - 1:00 pm

Click here to [register](#)

Mindfulness Webinar

April 29 12:00 pm - 1:00 pm

Click here to [register](#)

Deferred Compensation Webinars

Bringing all Your Accounts Together

April 14 12:00 pm - 12:30 pm

Click here to [register](#)

Special Catch-up Options

April 28 12:00 pm - 12:30 pm

Click here to [register](#)

Family Separation Abroad During COVID-19

By Personal Best Healthlines

Many months into the COVID-19 pandemic, traveling long distance to visit family members here or abroad is often impossible or too risky due to the pandemic. Many people are feeling anxious and depressed about the separation and isolation.



Make it a daily priority to:

- Take time for exercise
- Practice healthy sleep habits
- Learn relaxation strategies
- Enjoy favorite leisure activities
- Take breaks from the news
- Know what to do if you become sick or concerned about COVID-19

Staying focused on better days ahead can allow each of us—especially those who don't live near family—to emerge from this pandemic health and happy as possible. To learn more, search for Stress or Coping at resourcesforliving.com; username: city of seattle; password: city of seattle.

Dealing With Feelings During Distressing Times

There is no question these are scary times. We're suffering through chaotic aftershocks of terrible acts of violence. Is it any wonder we're experiencing very strong feelings now? Tips for dealing with your feelings:



1. **Accept them.** If you're human, you've got feelings about what's happening all around you.
2. **Express them.** If you're sad or scared, cry or talk about it with a trusted friend. The key is not to pretend away your emotions but to handle them in a safe and productive way.
3. **Explore them.** You may want to get professional help to deal with your feelings.

Resources for Living, the City's Employee Assistance Program provider, can help you find counselors near you or via tele-video. Call 1-888-272-7252, TTY 771 or go to resourcesforliving.com; username: city of seattle, password: city of seattle.

General Information

Take Charge! is a general guide to health benefits and healthy behavior. Please contact your health care professional with your specific health care concerns.

