



April 2022

## City Events

### Teaching Kids to Enjoy Exercise



By Personal Best Healthlines

Spring is a great time for kids to enjoy physical activity, especially outdoors. Growing up well and fit, children and teens need to get vigorous-intensity aerobic activity preferably daily, as recommended by the American Heart Association and the CDC.

**To encourage kids to exercise:**

- Be a role model and focus on fun.
- Make activity social; take long walks together.
- Use competition as a motivator.
- Include kids in household activities.
- Use exercise as transportation; walk or ride bikes.
- Provide gifts that promote physical activity.
- Encourage recreational sports.
- Keep a variety of games and sports equipment on hand.
- Support your school district’s physical education program.

Limit time spent in sedentary activities, such as watching TV, using smartphones, internet use and playing video games. See the [article](#) on how much exercise children need.

### Deferred Compensation Webinars

#### Fund Overview

April 6 12:00 pm - 12:30 pm  
Register [here](#)

#### Understanding Your Statement

April 28 12:00 pm - 12:30 pm  
Register [here](#)

#### Social Health: Healthy Connections

April 6 12:30 pm - 1:00 pm  
Register [here](#)

#### Prevent and Relieve Teck Neck Pain

April 7 11:30 am - 12:30 pm  
Register [here](#)

#### Moving out of the Cave Syndrome

April 12 11:30 am - 12:30 pm  
Register [here](#)

#### Kinside: Finding Summer Childcare

April 13 11:30 am - 12:00 pm  
[Join here](#)

#### Managing Emotions Under Pressure

April 14 12:00 pm - 1:00 pm  
Register [here](#)

#### Financial Set Back—Regroup & Rebuild

April 20 12:30 pm - 1:30 pm  
Register [here](#)

#### Health and Wellness in the Black Community

April 26 11:30 am - 12:30 pm  
Register [here](#)

#### Simplify Your Life

April 28 11:30 am - 12:30 pm  
Register [here](#)

## News & Notes

### Help During Allergy Season — Teladoc

If you are on a Most\* Aetna plan, you can contact a doctor 24/7 for common, non-emergency conditions like allergies, upper respiratory infections, asthma and more. To get started, register at [member.teladoc.com/registration](http://member.teladoc.com/registration).

*\*Teladoc is not available on SPOG or Local 77 Aetna plans or any Kaiser plan.*



### Breathe Easier This Spring

Quit tobacco for good with Quit For Life on Rally Coach. Get the tools and online resources to quit — and stay quit. All regular City employees and their adult family members are eligible for the free smoking cessation program. Get started at [quitnow.net](http://quitnow.net) or call **1-866-QUIT-4-LIFE TTY 711**. You will receive:

- 1-on-1 support from a coach
- 24/7 access to help manage triggers and build new skills

## Dealing With Loneliness

It's normal to feel lonely sometimes, but ongoing loneliness is different. It's the distressing feeling of being separated from others that's often triggered by having few people to interact with regularly. Don't ignore constant loneliness. It raises the risk for depression, anxiety, heart disease and stroke.



That's why it's important to recognize how loneliness impacts your life, and take positive action to copy and connect. Try these strategies for overcoming loneliness:

1. Proactively find ways to connect with others. Some ideas — start a new class, join a book club or talk with people at your local park.
2. Consider adopting a pet.
3. Exercise to boost mood and help you connect.
4. Open up to friends and family.

## 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.

