



## Texas DPS Fitness Wellness Unit

Wellness Tips  
May 2018

May 4, 2018

### Better Understanding of Resistance Training

Resistance training is a form of training that includes exercises that place a demand on the muscles in which cause contractions resulting primarily in muscular strength/endurance or size. Resistance exercises can utilize various pieces of equipment such as kettlebells, stability balls, tubing, exercise machines, medicine balls, ropes, dumbbells, suspension straps as well as simple body weight. Many factors such as how much is appropriate, what specific exercises should be performed, and at what level of difficulty should be individualized to the person's goals and fitness level. To start seeing improvements in body fat percentage, bone density, muscle balance and stability and other general health benefits, American College of Sports Medicine recommends resistance training at least 2-3 times per week, minimally 1-3 sets per muscle group with 8-15 repetitions.

May 11, 2018

### Cardiovascular Fitness

Cardiovascular conditioning brings a lot of health benefits. Simply put, cardiovascular fitness is the body's ability to bring in, deliver and utilize oxygen. This is done by the lungs, heart, and miles of blood vessels all working together. Individuals who are cardiovascularly fit can "utilize" larger volumes of oxygen when compared to an unfit person and therefore be able to perform more work with less effort. Cardiovascular exercises include but are not limited to the following: Running, cycling, rowing, swimming, stairclimbing, and hiking. According to research, regular bouts of cardiovascular exercises can provide the following benefits: increased good cholesterol (HDLs), decrease in blood glucose and insulin levels, decreased triglycerides, decrease resting blood pressure, decrease in body fat, decrease hypertension risk, decrease obesity risk, decrease cardiovascular disease, decrease some cancers, and decrease stress and anxiety. American College of Sports Medicine recommends at least 150 minutes of moderate activity or 75 minutes of vigorous activity per week. The good news is if one doesn't have a lot of time, segments can be broken down into 10 minute segments.

May 18, 2018

### Naturally Slim

DPS Members have access to two free programs to help with weight loss through the Health Select Insurance Plan: Real Appeal and Naturally Slim. This week we will focus on Naturally Slim and what this program is all about. Naturally Slim is focused on changing the way you eat, not what you eat. There are no foods to buy, no points to count, no guidelines on what you can and can't eat. Sound too good to be true? The secret to Naturally Slim simply involves learning some new techniques about how and when you should eat. That's it. The Naturally Slim program is a simple online program that uses informative videos and learning tools to teach you how to lose weight and improve your health. It is available via your desktop, laptop or mobile device including apps for both iPhone and Android devices. This is a yearlong program that is internet based. Want to learn more? Click [here](#) for information and if you would like to sign up go to [www.naturallyslim.com/healthselect](http://www.naturallyslim.com/healthselect).

May 25, 2018

### Real Appeal

Last week we discussed the Naturally Slim program available through our insurance. If you missed last week's Wellness Tip you can read all of our previous tips on our website by clicking [here](#). Real Appeal is another program that is offered to all DPS Members for free. This program is full of small doable steps—things you'll want to do—that can make a difference and work in the long run for your life, your family and your body. Real appeal focuses customizing plan that is tailored to the unique needs of the individual. After your first coaching session, you receive a box with everything you need to maintain a healthy lifestyle, including a blender, tape measure, food scales, measuring cups, portion control plates, exercise bands, workout videos and weekly coaching sessions. If you would like more information you can go to the website: <https://realappeal.com/get-started> and get signed up!!

