

JULY 2019 SUMMER SWITCH-UP

OPERATION: COUCH POTATO

Although binge-watching is a popular pastime, vegging out too much increases your risk of developing conditions such as heart disease. Taking active breaks while watching can reduce risk and feel like less of a trade-off. Tabata training — 20 seconds of exercise with 10 seconds of rest for 4 minutes — could be your solution. Feel free to do one workout or cycle between several.



Wall Sit

Stand against a wall with your feet hip-width apart, walking forward until your knees are bent and aligned over your ankles in a seated position.



Pushup

Start on your belly and with your palms face down at your chest. Lift yourself up as you straighten your arms. Then bend your elbows and lower your chest to the floor. Repeat.



Lunge

Step forward with one leg at a 90-degree angle. Step back to stand again and repeat. Lead with your other leg for the next interval.



Side Plank

Lie on your side and prop yourself up on your elbow, lifting your hips and holding for 20 seconds. Lower your hips to rest before switching sides.

BEST FOOT FORWARD

Most runners might not have to watch out for lions, tigers and bears (oh my!), but there are still hazards when you're out pounding the pavement, so keep safety in mind.

- 1. Be smart.** Wear bright-colored clothes or reflective gear so people can see you. If something feels off about your route, change course.
- 2. Limit distractions.** Wearing headphones is fine indoors, but outside you need to hear if someone is communicating with you. Keep your tunes on low and keep one ear unplugged.
- 3. Carry essentials.** Always bring ID and emergency contacts, plus enough money for food, water and transportation. Don't want to carry a bulky ID? Consider a wearable such as roadID.
- 4. Buddy up.** Running with others at night can be a deterrent to potential trouble, and your buddies can call for help if you get hurt or sick. Don't forget a flashlight and/or lighted vest.
- 5. Car cautions.** There are many distractions for drivers, so make eye contact when crossing the street and run against traffic.

BENEFIT SPOTLIGHT

KEEP YOUR IDENTITY

With the amount of personal information circulating today, identity theft is a legitimate concern. If your Social Security number, bank account or credit card information fall into the wrong hands, someone could use it to impersonate you and do a lot of financial damage, including taking assets and ding your credit.

Identity theft insurance can address the seriousness of the consequences. What can an identity theft policy do for you?

- Assign a fraud specialist to provide direction

- Replace identification and other important documents and restore credit
- Assist with legal operations related
- Reimburse legal and administrative fees

Identity theft insurance can provide more comprehensive protection than alternatives such as homeowners and renters insurance, which may cover your assets only up to a certain point and do not offer personalized restoration services to put you on the road to full recovery.

BONUS ARTICLE OF THE MONTH: SLEEP SMARTS



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