

August Wellness Action Message



Quarterly Theme: Musculoskeletal Health

August Message: Functional Fitness

Take Action: Explore what functional fitness is all about, learn about programs to keep you moving, + rewards you can earn along the way.

The Fundamentals of Functional Fitness

Unlike traditional strength training programs that target individual muscle groups, functional training has become increasingly popular because it focuses on improving overall physical capability through exercises that mimic everyday movements.

Think about bending down to pick something up off of the floor, twisting to hoist an item onto the shelf, or carrying heavy bags. The goal of functional fitness training is to develop a body that can handle real-life scenarios with ease and a reduced risk of injury.

Fortunately, you don't need a ton of equipment to start a functional fitness routine. Bodyweight exercises are a great place to begin, and you can add in free weights or resistance bands as you progress. The key is to focus on good form to avoid injury and to get the most out of each movement.

My Health Rewards – “Getting Active” Journeys®

Journeys® are a great way to introduce healthier habits into your life or maintain healthy habits you already have in place. Go to the mobile app or [log in to My Health Rewards](#) and visit the “Health” tab to explore the various 10 day “**Getting Active**” Journeys®. Complete a Journey each month and earn 250 points.

- **Fit as a Family:** Begin to build the habits you want for your family. Get creative. Bring a sense of adventure. Be willing to get silly. After all, kids just want to have fun. Start with 5 or 10 minutes.
- **Get Strong at Home:** Build strength in small ways every single day, at home.
- **Move to Improve:** Learn to add small bursts of movement to your day. Move a bit every hour.
- **Ramp Up Your Workout:** Learn about new ways to increase intensity levels or add extra challenges. Make sure your fitness routine is never standing still.
- **Walk your Way to Fitness:** Learn how to sneak walking into your day. Alone or shared with friends. Reward your body and your mind with walking.

My Health Rewards – 20 Day Triple Tracker

Track any combination of the following activities on 20 or more days in a calendar month to earn a \$5/month bonus reward:

- 7,000 steps a day and/or;
- 15 active minutes a day and/or;
- 15 workout minutes a day.

Omada® for Joint & Muscle Health

Omada® for Joint & Muscle Health combines personalized physical therapy (PT) with virtual technology. It's a proven program that can help build muscle, prevent pain, and treat existing aches and injuries. This virtual program* features:

- Fast, seamless access to a diagnosis and treatment from a licensed PT usually within 48 hours.
- PT-guided recovery that includes unlimited chat and video visits.
- App-guided exercises with 3D animations and voice narration to help with pacing and form.
- Video recordings of rehab exercises, which helps the PT assess form and progress.

Go to OmadaHealth.com/Medica-PT to fill out an eligibility screening. Get information with next steps, including how to download the Omada Joint & Muscle Health app.

**Your out-of-pocket costs will depend on your plan benefits and the services you access through the program. Applicable copay, deductible and/or coinsurance rates may apply based on your plan's coverage for physical therapy services.*

Additional resources at your fingertips

[Wellness Programs | Duluth Joint Powers Enterprise](#)

Medica.com/signin

[My Health Rewards](#)

[Omada for Joint & Muscle Health](#)