

SCHOOLCARE HEALTH BENEFIT PLANS

of the NEW HAMPSHIRE SCHOOL HEALTH CARE COALITION

Keeping Fit Self-Paced Program *Guidelines for Participation*

SCHOOLCARE believes everyone should take responsibility for their good health and participate in exercise on a regular basis as part of a healthy lifestyle. The Keeping Fit Self-Paced program recognizes and rewards individuals who work out on a regular basis, but not necessarily at a fitness facility. SCHOOLCARE will reward those members who engage in exercise on their own within the following guidelines:

Eligibility: The subscriber or enrolled spouse is eligible for this benefit. Members can participate in either the Keeping Fit or Self Paced Keeping Fit Programs, but not both.

1. When you engage in at least 30 minutes of exercise or physical activity twelve times per month, for six consecutive months SCHOOLCARE will reward you with \$125.

From the Center for Disease Control and Prevention:

- **Cardio or aerobic activities.** Achieve the aerobic activity recommendation through one of the following options:
 - A minimum of 30 minutes of moderate-intensity physical activity per day (such as brisk walking) most days of the week
 - or**
 - A minimum of 20 minutes of vigorous-intensity physical activity (such as jogging or running) 3 days a week
- **Resistance, strength-building, and weight-bearing activities.** Two days a week, incorporate strength training into your routine. Strength training activities, such as weight lifting, maintain and increase muscle strength and endurance. A goal to reach towards is completing 6-8 strength training exercises, with 8–12 repetitions per exercise.

Approved activities include but are not limited to: walking, running, biking, hiking, XC skiing, weight lifting, swimming laps, etc. Please contact SCHOOLCARE with any questions at keepingfit@schoolcare.org, or jkantorowski@schoolcare.org.

2. Participants must log on to www.mycigna.com and complete CIGNA's Health Assessment prior to beginning the program.
3. Participants must complete and return the attached agreement form prior to starting their Keeping Fit Self-Paced Program.
4. Though not required, SCHOOLCARE strongly recommends exercising with a buddy.
5. The Keeping Fit Self-Paced Program log sheets must be filled out at the time of each individual period of activity. Log sheets must be sent to SCHOOLCARE promptly at the end of each month.
6. Allow four to six weeks to receive your \$125 check after you have completed your sixth consecutive month.