



# Work & Well-Being Newsletter

## Back in Motion: Importance of Musculoskeletal Health

Musculoskeletal health refers to the overall condition of the body's musculoskeletal system, which is made up of bones, muscles, tendons, ligaments, and other connective tissues. This system plays a vital role in maintaining body structure, enabling movement, and supporting physical function across the lifespan. Globally, musculoskeletal disorders are the leading cause of disability, which can result in early retirement, reduced productivity, and increased healthcare costs.

Addressing musculoskeletal health requires a holistic approach which includes flexibility, balance, and overall physical fitness to enhance mobility and reduce the risk of falls and injuries.

Musculoskeletal health is crucial for overall well-being and fundamental to maintaining an active & fulfilling life. By prioritizing preventive measures, engaging in regular physical activity, and seeking timely medical care, individuals can significantly improve their musculoskeletal health and overall quality of life.



## Four Tips for Healthy Bones

### Eat Veggies & Calcium-Rich Foods

Nutrients strengthen your bones. Vegetables are the best source of Vitamin C, which stimulates production of bone-forming cells.

Green & Yellow veggies have been shown to help keep minerals inside your bones, so they are less likely to soften or weaken.

Calcium-rich foods, like cottage cheese & almonds help to decrease risk of bone loss and low bone density.

### Make sure you are getting enough Vitamin D

Vitamin D is needed for calcium to be absorbed and many of us do not get enough vitamin D from the sun.

Taking a supplement may be needed to ensure you meet your daily needs. Most adults need 1,000 - 2,000 IU of vitamin D daily.

Talk to your healthcare provider to determine if a supplement is needed.

### Do Strength Training & Weight-bearing exercises

Strength-training exercises like weightlifting or stomping in place are important for stimulating new bone growth & slowing bone loss. It's important to stress your bones through exercise to maintain their mineral & calcium content.

Weight-bearing exercises like walking, aerobics, dancing & tennis, are also good for improving bone health. All of these activities requires movement against gravity and gives you natural resistance.

### Avoid smoking & excessive drinking

Anything you put into your body will have a direct effect on your bone health and overall wellness.

Drinking and smoking both reduce bone density, impair calcium absorption and disrupt hormone balance which can increase the risk of osteoporosis & fractures.

# Monthly Program Updates

Click an image for full flyer and registration links

## BCBSNM Health Education

Preventing Lifting and Back Injuries



Tuesday, April 21  
3:30PM

Join to learn strategies to take care of your back and reduce injuries. We will review the spine as you learn the causes of back injuries, and we will discuss tips for prevention and lifestyle improvement.

## TSG Wellness Webinar

Bone Deep:  
Strength for Every Body



Wednesday, April 15  
12:00PM

This session highlights how both men and women are affected by osteoporosis, and why prevention starts early. Learn about the critical role of nutrition, movement, and hormones in building and maintaining bone density, plus actionable steps to support lifelong skeletal strength.

## BCBSNM Minset Monday

Healthy Bones and Joints



Monday, April 27  
8:30AM\* & 3:45PM\*

Join to learn about ergonomics and musculoskeletal disorders (MSDs). We will also discuss symptoms of MSDs and risk factors, and tips & stretching techniques for prevention and improvement.  
\*Only 15 Minutes!

## BCBSNM Wellness Wednesday

Everyday Back Health



Wednesday, April 29  
8:30AM\* & 3:45PM\*

Join to learn the definition of back pain, risk factors relating to back pain, tips for maintaining a healthy back, and proper lifting techniques. You will also learn ergonomics with sitting, standing, and driving, and different stretching exercises & relaxation techniques.

\*Only 15 Minutes!

## TSG Cooking Show

Garden Glow & Chocolate Flow



Thursday, April 23  
12:00 PM

Stress Awareness Month reminds us that nourishing both body and soul is key, and these dishes pair antioxidants, fiber, and hidden superfoods in creative ways. This month proves that vibrant veggies and mindful indulgence can live happily side by side on a pizza.

## Get Moving with these Podcasts:



Connect With Your Core - for a strong foundation in daily movements.



Learn some joint protection tips with Healthy Joint Mobility.



Sit taller with Mindful Posture

# Spring Into Action with Home Test Kits

A busy life or living in a rural area shouldn't mean missing out on important health care. At-home health screenings make it easy for you to monitor your well-being, right from the comfort of your home. At Home Screenings are not only convenient and easy- allowing you to manage your health on your schedule, but they are confidential & secure - results are only shared with you and your provider. **Remember, early detection saves lives!**



At-Home Wellness Screenings Kits are available through Wellness At Work at no cost to Pres members\*

It uses a finger stick blood draw to measure Total Cholesterol, HDL, LDL, Triglycerides, Glucose and A1C.

Log into [MyPres](#) to get started.



**Catapult**- is another way to get your annual physical virtually, with a simple VirtualCheckup for BSBC members. Catapult's at-home blood collection device is quick and virtually painless.

Log into [BCBSNM.com](#) to learn more.

[Click Here to see recommended Preventive Health Screening by Age](#)

## Spring Into Motion Step Challenge

Registration for Spring Into Motion is now open. In this 4-week program, you choose what physical activity you'd like to do each day for 6000+ steps (using a tracking device or the Step Converter tool) as you earn points, badges, and learn about Spring Things. Be sure to sign up for Spring Into Motion before April 19 and start moving toward better health.

**REGISTER TODAY!** Challenge Runs from April 13 - May 10



## Full Body Workplace Stretching Program



Register for our 6-week email-based program, **Full Body Workplace Stretching Program**, to learn proper stretching, increase blood flow to your muscles, re-energize, and integrate stretch breaks into your daily routine. Weekly emails include educational materials and guided stretching videos targeting specific areas of the body each week.

**REGISTER TODAY!**

## “Movement is the song of the body.”

-Vanda Scaravelli



## Reduce Your Blood Pressure with Mindfulness

This 3-lesson online program helps you naturally lower your blood pressure through the power of mindful awareness. Designed to calm your nervous system, ease stress, and support healthy blood pressure.

**REGISTER TODAY!**

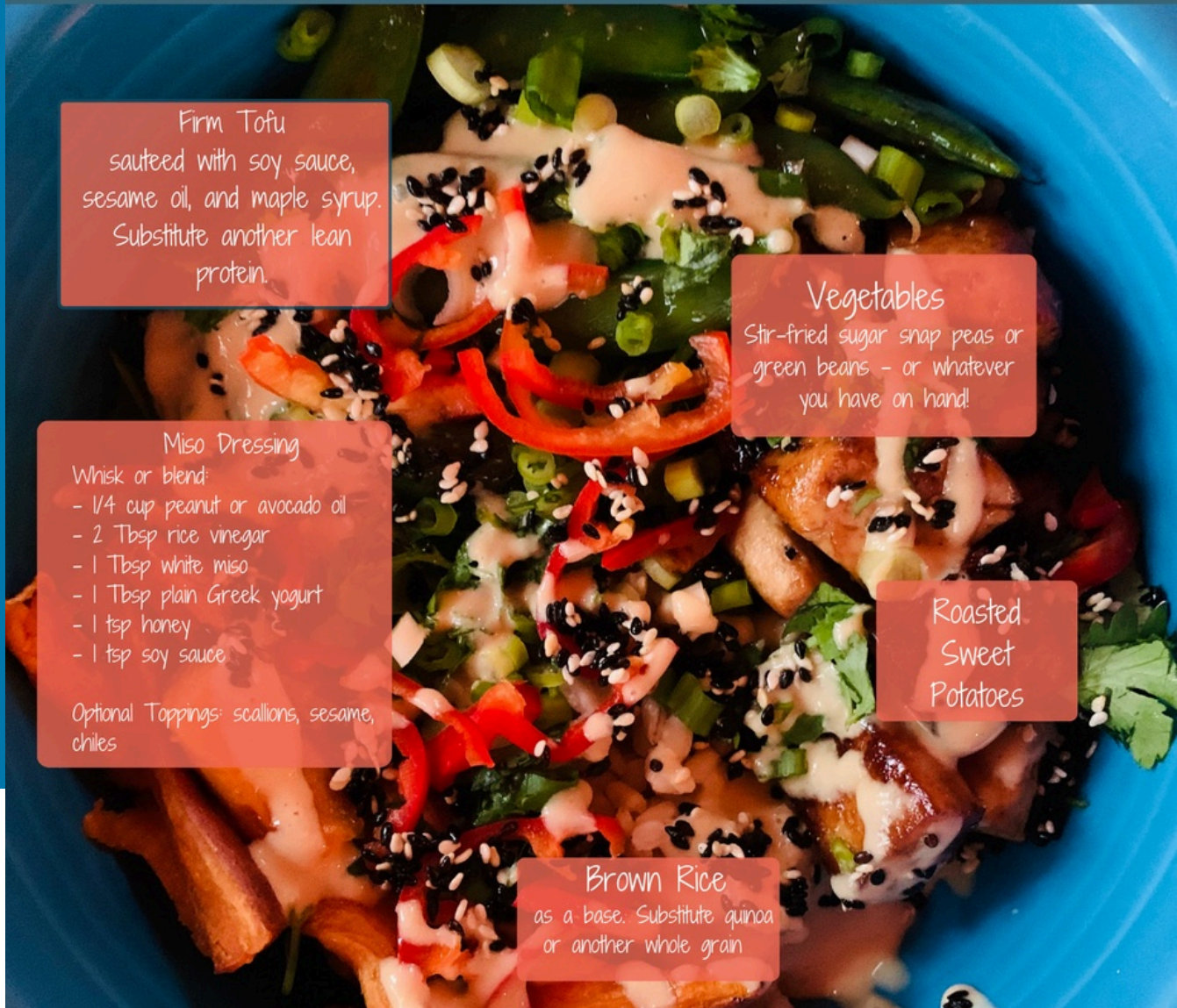
Don't miss your chance to Decode the numbers that power your health. [Sign up for HEALTH QUEST!](#)\*



\*Visit [www.NMPSIA.com/wellness](http://www.NMPSIA.com/wellness) for more information

# Asian-Inspired Rice Bowl

## Recipe of the Month



**Firm Tofu**  
sautéed with soy sauce, sesame oil, and maple syrup. Substitute another lean protein.

**Vegetables**  
Stir-fried sugar snap peas or green beans – or whatever you have on hand!

**Miso Dressing**  
Whisk or blend:  
- 1/4 cup peanut or avocado oil  
- 2 Tbsp rice vinegar  
- 1 Tbsp white miso  
- 1 Tbsp plain Greek yogurt  
- 1 tsp honey  
- 1 tsp soy sauce  
  
Optional Toppings: scallions, sesame, chiles

**Roasted Sweet Potatoes**

**Brown Rice**  
as a base. Substitute quinoa or another whole grain



**30% to 40% of cancers are linked to “lifestyle” factors such as diet, physical activity, and smoking. One simple step you can take to protect yourself: aim to fill at least two-thirds of your plate with plant-based foods — fruits, vegetables, whole grains, beans, nuts, and seeds.**

Eat healthier and manage your health goals with your Nations Nutrition coach and the smart app, available to eligible employees!\*

\*Available for employees with Presbyterian Health Plan