

JOIN OUR **MOVEment!**

It can be challenging to get and stay healthy throughout the COVID-19 pandemic, but there are many ways to take care of your mind and body... safely!

CHECK OUT THESE TIPS FOR GETTING AND STAYING HEALTHY IN 2021.



TAKE A WALK.

Walking improves your mood, helps control your weight, and strengthens your bones and muscles.¹



GET YOUR HEART PUMPING.

Do jumping jacks, dance, or go up and down your stairs- anything that makes you move!*



DO BREATHING EXERCISES.

Breathe in through your nose. Let your belly fill with air. Breathe out through your nose. Place one hand on your belly. Place the other hand on your chest. As you breathe in, feel your belly rise. As you breathe out, feel your belly lower.



USE YOUR MUSCLES.

Muscles get weaker if you don't use them. You can do push-ups, sit-ups, wall sits, or whatever makes you feel the burn!



TAKE TURNS BETWEEN SITTING AND STANDING.

If you spend most of the day sitting, take some breaks to stand up throughout the day.



AmeriHealth Caritas District of Columbia offers many benefits to support your physical and mental health at no cost to you.

To learn more, visit:
<https://www.amerihhealthcaritasdc.com/member/eng/healthy-living/classes.aspx>
or call:
Community Outreach Solutions
202-216-2318.

AmeriHealth Caritas District of Columbia complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

English

If you do not speak and/or read English, please call 1-800-408-7511 (TTY 1-800-570-1190), available 24 hours a day, seven days a week. A representative will assist you.

Español

Si no habla y/o lee inglés, llame al 1-800-408-7511 (TTY 1-800-570-1190), línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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Tiếng Việt

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi 1-800-408-7511 (TTY 1-800-570-1190), 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

繁體中文

如果您不會講或讀英文，請致電 1-800-408-7511 (TTY 1-800-570-1190)，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

한국어

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 1-800-408-7511 (TTY 1-800-570-1190)번으로 전화하십시오. 직원이 도와드릴 것입니다.

Français

Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro 1-800-408-7511 (TTY 1-800-570-1190), disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

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www.amerihhealthcaritasdc.com

1. Mayo Clinic. "Walking: trim your waistline, improve your health." <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261>

* Please make sure to talk to your provider before starting or changing your exercise routine.