



Fitness Resources

Fitness Equipment Options

- Proper Footwear – If you're just getting into running, you don't need to go out and buy a \$150 pair of running shoes. Wear something comfortable and meant for exercise with good tread to prevent slipping.
- Clothing – dress for the conditions and for comfort. Avoid denim and baggy clothes. A pair of shorts and a t-shirt will work great but if you feel more comfortable in running clothes, there are many options in stores and online designed to help keep you stay cool as you train.
- Wearable Trackers – These are a great way to keep track of distance, steps and pace while you're running. There are many great options available, so take a look at the discounts below and see if you can find the right one for you.
 - If you login to Anthem, you can find discounts by clicking on the "Care" menu at the top and scroll down to "Discounts" You'll find the following resources for fitness:
 - Garmin – 20% off select devices
 - Fitbit – 22% on select devices
- Jogging Stroller – Who wouldn't want to share the experience of the Virtual 5K than with your little one? Take that baby out on the road with you and enjoy the fresh air and fitness together.
- Running Apps – Another great way to keep track of your runs. Take your phone with you on a run and the app will keep track of distance/time/pace and your route. The most popular right now is "Map My Run." Some other examples to try are "Runkeeper", "Nike training" and "Myfitnesspal". There are several available for free. Check your app store for more ideas.
- Headphones – A great way to keep your mind off the exercise is listening to music or podcasts. Make sure to get a pair of headphones that will stay in your ear while running. Wireless or wired work great. Note - for safety, be sure to keep the volume at a level that allows you to remain aware of your surroundings.

Where to Run

- Check out these links to find local running routes
 - www.mapmyrun.com
 - www.jauntyeverywhere.com
 - www.traillink.com
 - www.Alltrails.com

Running Myths - Busted!

- Myth 1: You have to run every day to improve.
 - Research shows that you need to run two to three times per week to get any progressive benefit from it.
 - Of course, it also depends on your goal. If you're running to prepare for a marathon, 10K or 5K race, you certainly want to increase your frequency. However, if your focus is to improve your overall health, work towards completing 150 minutes of physical activity per week.

- Myth 2: Mileage is the only thing that matters.
 - If you're training for a marathon, duration is one of the fundamental variables of training.
 - However, if running is part of your overall wellness routine, then it doesn't matter how far you run. The important thing is getting up off your couch and being more active.
- Myth 3: Runners can eat whatever they want.
 - This is a big misconception. You can't eat what you want just because you're running and burning more calories. You still need a well-balanced diet and you need to watch your caloric intake.

Benefits of Coaching

- Why should you work with a wellness coach to prepare for the Virtual 5k?
 - Our coaches have training in fitness and can support you with a personalized preparation.
 - Continuous encouragement and motivational support will help you overcome obstacles.
 - To help you achieve your goals through realistic lifestyle changes that you can maintain for a lifetime.
- Call 1-888-417-1001 to schedule a session with one of our Health Coaches. Sessions are always free!

Questions? Contact quadwellness@quadmedical.com