

# SEPTEMBER WELLNESS



## WELLNESS TOPICS OF THE MONTH: HEALTHY AGING, CHILDHOOD OBESITY & YOGA

National Health and Wellness Observances in September include: Healthy Aging, Childhood Obesity, and Yoga. Please find information on these topics below.

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A thriving social life can help us stay active and healthy at every age. For seniors, there are options for maintaining or creating active social lives throughout the years. Some options are available within retirement communities, golf or tennis clubs, or through becoming involved in interests such as knitting, gardening, foreign policy discussions, writing and book clubs. For additional ideas, and for suggestions on how to become connected with clubs and organizations, click here to reach an article through Harvard Pilgrim's website:

### [Seniors and Social Life](#)

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Exercise is beneficial for people of all ages. There is a variety of advantages to exercising. Some of these advantages include improved cardiovascular fitness, increased flexibility, improvements with insomnia and help with anxiety and depression. Exercise is also beneficial for those with joint pain, back pain, arthritis and osteoporosis. For more advantages of exercise, and to learn about exercise programs for older individuals, click here to reach an article through BCBS's *a healthy me* website:

### [Exercise and the Aging Person](#)

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If a child is considered overweight, it is important for parents to offer nutritious food choices to their child at each meal and during snack times. This weight management plan is more effective than food restriction. If food is restricted, children may feel that they are not going to get enough to eat. This may lead to overeating and increased weight gain. For additional information and links to articles regarding weight management for children, click here to reach an article through Fallon's website:

### [Weight Management Goals For Your Child](#)

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Hatha Yoga is a type of yoga which can be practiced to relieve stress. During Hatha Yoga, the breathing, meditation and poses that are performed promote relaxation, and help to improve physical and mental health. Poses that you can try for relaxation include the extended puppy pose, cat cow pose and the reclining bound angle pose. To learn about these yoga poses, and to try them for relaxation, visit Tuft's website by clicking here: [Tufts Health Plan Website](#). Click on Health & Wellness. Then click on "library of high-quality content" under Health Library A-Z and in the search engine type:

**[Stress Management: Practicing Yoga to Relax](#)** to reach the link.

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