**Take 5 email 1**

SUBJECT LINE: 5 reasons to rethink exercise

**5 reasons to rethink exercise**

Almost any form of regular exercise can offer serious health benefits, including:

* Reducing stress
* Boosting your mood
* Lowering blood pressure
* Supporting bone health
* Reducing your risk of cardiovascular disease and stroke

**This week Take 5 to get up and get going with Virgin Pulse.**

* Go to Benefits
* Click Journeys
* Select an option from “Getting Active”

[Let’s do this](https://member.virginpulse.com/login.aspx) (https://member.virginpulse.com/login.aspx)

*Always consult your doctor before starting an exercise routine.*

Source: [American Heart Association](https://www.heart.org/en/healthy-living/fitness/fitness-basics/why-is-physical-activity-so-important-for-health-and-wellbeing)

Virgin Pulse® is an independent wellness company, contracted by Blue Cross & Blue Shield of Rhode Island to provide wellness services.

**Take 5 email 2**

SUBJECT LINE: 4 tips for exercise success

**4 tips for exercise success**

Support your heart. Manage your stress. Try some exercise.

Start strong with these tips:

* Include some cardio and some strength training.
* Add stretching to help prevent injury and speed recovery.
* Try a few things until you find an activity you love.
* Consult your doctor if you have any health issues or haven’t exercised in a while.

**This week Take 5 to get moving and show your heart some love.**

Try a **Getting Active** Journey in Virgin Pulse (under the Benefits tab).

[I’m ready](https://member.virginpulse.com/login.aspx) (<https://member.virginpulse.com/login.aspx>)

*Always consult your doctor before starting an exercise routine.*

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**Take 5 email 3**

SUBJECT LINE: Eat better to feel better

**Eat better to feel better**

A well-balanced diet can help you feel better physically and emotionally.

This week Take 5 to build a customized nutrition guide in your Virgin Pulse app.

* Click **Benefits**
* Select **Nutrition Guide**

[Create my guide](https://member.virginpulse.com/login.aspx) (https://member.virginpulse.com/login.aspx)

Source: <https://nutrition.org/nutrition-and-stress-a-two-way-street/>

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**Take 5 email 4**

SUBJECT LINE: What sleep can do for you

**What sleep can do for you**

Sleep helps with brain performance and mood and can help reduce your risk of cardiovascular disease and stroke.

Plus, your body uses sleep time for repair work—everything from your immune system to blood vessels.

This week Take 5 to improve your sleep habits.

Get a customized guide that includes your sleep profile, offers tips, and tracks your sleep data. It’s in your Virgin Pulse app.

* Go to **Benefits**
* Select **Sleep Guide**

[Get more zzzzz’s](https://member.virginpulse.com/login.aspx) (<https://member.virginpulse.com/login.aspx>)

Source: <https://newsinhealth.nih.gov/2021/04/good-sleep-good-health>

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**Take 5 email 5**

SUBJECT LINE: Manage stress with mindfulness

**Feeling stressed? Mindfulness can help.**

Practicing mindfulness means we simply observe and accept our thoughts and feelings—we don’t criticize or draw conclusions. Our focus in on the present. We are not replaying the past or worrying about the future.

Mindfulness can help us:

* Reduce stress
* Increase self-compassion
* Improve our memory, focus, and decision-making
* Foster compassion and empathy

This week Take 5 to begin a mindfulness practice with Virgin Pulse.

* Go **Benefits**
* Click **Whil – Mindfulness Basic Training**

[Lose that stress](https://member.virginpulse.com/login.aspx) (https://member.virginpulse.com/login.aspx)

Source: <https://greatergood.berkeley.edu/topic/mindfulness>

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**Take 5 email 6**

SUBJECT LINE: 4 ways to navigate life’s ups and downs

**Build your resilience with these tips.**

**Tip 1 – Change your perspective**

* Acknowledge the difficulties but remember, they will pass.
* Think about another time you overcame a setback. Trust that you can do it again.

**Tip 2 – Stay connected**

* Share your struggles with someone you trust.
* Reach out to one person each day. It can help you (and them) feel less alone.
* Connect with people over your favorite hobby or pastime.

**Tip 3 – Practice gratitude**

* Find something—every day—that you are grateful for, no matter how small or simple.
* Start a journal, meditate, or do yoga.

**Tip 4 – Look for meaning**

* Be proud of how you’ve grown through your struggles.
* Volunteer your time. It can give you a sense of purpose and foster connections with others.

This week Take 5 to try box breathing for resilience (watch the Box Breathing video).

[Breathe better. Feel better.](http://www.rhodeahead.com/health/resilience) (http://www.rhodeahead.com/health/resilience)

**Take 5 email 7**

SUBJECT LINE: Have you checked your blood pressure recently?

**Have you checked your blood pressure recently?**

High blood pressure could increase your risk for heart attack, stroke, and other life-changing conditions.

But you can take steps to manage it.

Have your blood pressure checked regularly by a medical professional—your annual well visit is a great place to start—and ask about healthy actions that can help support a healthy blood pressure.

This week Take 5 to schedule your well visit.

Don’t have a primary care provider? Use your myBCBSRI account to locate one.

[Find a doctor](https://myportal.bcbsri.com/en/member) (<https://myportal.bcbsri.com/en/member>)

Source: [American Heart Association](https://www.heart.org/en/health-topics/high-blood-pressure/health-threats-from-high-blood-pressure#:~:text=High%20blood%20pressure%20threatens%20your%20health%20and%20quality,a%20narrowing%20of%20arteries%20in%20the%20legs%2C%20arms%2C)

**Take 5 email 8**

SUBJECT LINE: Try thinking inside the box

**Stressed? Try thinking inside the box.**

Box breathing is a simple technique that can help to:

* Reduce stress
* Increase relaxation
* Calm your mind

To get started, picture a box. Trace each side of the box in your mind as you follow these steps:

1. Inhale for 4 beats
2. Hold for 4
3. Exhale for 4
4. Hold for 4

Repeat the exercise 3-4 times.

This week Take 5 to try box breathing any time you’re feeling stressed.

[See box breathing in action](https://youtu.be/b96f02QrHbE) (<https://youtu.be/b96f02QrHbE>)

**Take 5 email 9**

SUBJECT LINE: How to build new healthy habits

**How to build new healthy habits**

Make a change for the better with these tips.

* Set a specific goal.
  + For example, “I want to walk for 30 minutes five times a week.”
* Start small and build from there.
  + Try 15 minutes of walking, three days per week.
* Set yourself up for success. For our walking example, you could:
  + Block off specific days and times on your calendar.
  + Have a playlist or podcast ready to enjoy.
  + Find a walking buddy.
* Track your progress to stay motivated
  + Focus on what you’re doing well, not where you’re falling short.

This week Take 5 to start tracking a new healthy habit with Virgin Pulse.

[Start tracking](https://iam.virginpulse.com/) (<https://iam.virginpulse.com/>)

Sources: NIH, News in Health; Psychology Today

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**Take 5 email 10**

SUBJECT LINE: Sleep better even when you’re stressed

**Sleep better even when you’re stressed**

**Self-compassion** – Don’t dwell on past mistakes or perceived flaws. We’re all doing the best we can.

**Gratitude** – Embrace the positive and release the negative. Each night, think about what you were grateful for that day.

**Forgiveness** – Let that old grudge go. Studies suggest people who forgive also sleep better.

**Mindfulness** – When you can recognize and release negative thoughts, you can worry less and sleep more.

This week Take 5 to improve your sleep through mindfulness.

[Start Whil mindfulness training](https://iam.virginpulse.com/) (<https://iam.virginpulse.com/>)

Source: [The Greater Good Science Center at the University of California, Berkeley](https://greatergood.berkeley.edu/article/item/four_surprising_ways_to_get_a_better_nights_sleep#:~:text=Four%20Surprising%20Ways%20to%20Get%20a%20Better%20Night%E2%80%99s,times.%20By%20Jill%20Suttie%20%7C%20April%208%2C%202021)

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**Take 5 email 11**

SUBJECT LINE: Ease stress with mindfulness meditation

**Ease stress with mindfulness meditation**

Try this exercise:

* Find a quiet place to sit.
* Set a timer for five minutes.
* Close your eyes and breathe in and out slowly, feeling each sensation.
* Notice random thoughts that pop up. Then let them go.
* Return your focus to your breathing.

When time is up, see how you feel.

This week Take 5 to explore a Whil mindfulness training in Virgin Pulse.

[Begin Whil training](https://iam.virginpulse.com/) (<https://iam.virginpulse.com/>)

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Source: [verywellmind.com](https://www.verywellmind.com/mindfulness-meditation-88369#:~:text=What%20Is%20Mindfulness%20Meditation%3F%20Mindfulness%20meditation%20is%20a,negativity%2C%20and%20calm%20both%20your%20mind%20and%20body.)