



### Be Active!

Regular physical activity is good for everyone's health. Regular physical activity increases your chances of living a longer, healthier life. It also reduces your risk for high blood pressure, heart disease, diabetes, and some types of cancer.

The Physical Activity Guidelines for Americans recommend that adults:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

This month, challenge yourself to get 30 minutes of physical activity every day. No matter what shape you are in, you can find activities that work for you.

### Upcoming Clinics

Physical activity is only one part of living a longer, healthier life. It's also important that you know your numbers (blood pressure, cholesterol, blood sugar, body mass index (BMI), and waist circumference and understand what they mean. Participating in a Live Better Louisiana wellness clinic can help you with that! Below is a schedule of clinics scheduled for the month of May. To sign up for one of these clinics, or to search for a date that works better for you, click here [www.timeconfirm.com/ogb](http://www.timeconfirm.com/ogb).

Live Better Louisiana Clinics	
Date	Location
05/04/2015	South Louisiana Community College (Lafayette) Louisiana Tech University - (Ruston)
05/05/2015	Dixon Correctional Institute (Jackson) DCFS (Covington) Natchitoches PSB - Central Office (Natchitoches) Louisiana Tech University - (Ruston) David Wade Correctional Center (Homer)
05/05/2015	Dixon Correctional Institute (Jackson) Washington Parish - Wesley Ray Elementary School Louisiana Tech University - (Ruston)
05/07/2015	Dixon Correctional Institute (Jackson) Washington Parish School Board - Central Office Washington Parish - Wesley Ray Elementary School Northwest LA War Veterans Home (Bossier City) Louisiana Tech University - (Ruston)

<b>05/08/2015</b>	State Military Department - (Pineville) Southeastern LA University (Hammond) Pennington Center Louisiana Tech University - (Ruston)
<b>05/11/2015</b>	Washington Parish - Thomas Elementary School Vernon Parish School Board - Rosepine ES (Rosepine)
<b>05/12/2015</b>	Louisiana State Penitentiary (Angola) State Archives Building (Baton Rouge) Orleans Parish Civil District Court (New Orleans) Vernon Parish School Board - Pickering HS & ES (Leesville) Probation and Parole (Lake Charles)
<b>05/13/2015</b>	Louisiana State Penitentiary (Angola) Washington Parish - Mt. Hermon School Commissioner of Insurance (Baton Rouge) Orleans Parish Civil District Court (New Orleans) Vernon Parish School Board - Pickering HS & ES (Leesville) LSU Shreveport (Shreveport)
<b>05/14/2015</b>	LA Retirement Systems Building TRSL (Baton Rouge) State Archives Building (Baton Rouge) Natchitoches PSB - Weaver Elementary School (Natchitoches) Commissioner of Insurance (Baton Rouge) DCFS (Thibodaux)
<b>05/15/2015</b>	State Archives Building (Baton Rouge) Natchitoches PSB - Fairview Alpha Elementary School (Campti)
<b>05/16/2015</b>	Natchitoches PSB - Natchitoches Central High (Natchitoches)
<b>05/18/2015</b>	DOTD District 62 (Hammond) LA Retirement Systems Building TRSL (Baton Rouge) Natchitoches PSB - NSU Elementary Lab School (Natchitoches) Jackson PSB - Weston High School (Jonesboro) LA Rehabilitation Services (Shreveport)
<b>05/19/2015</b>	Louisiana State Penitentiary (Angola) DOTD District 62 (Hammond) DOTD District 05 (Monroe) Natchitoches PSB - Provencal Elementary & Jr. High School (Provencal) Jefferson Parish School Board (Harvey) LA Rehabilitation Services (Shreveport)
<b>05/20/2015</b>	Louisiana State Penitentiary (Angola) Nicholls State University (Thibodaux) Natchitoches PSB - L.P. Vaughn Elementary & Middle School (Natchitoches) Jackson PSB - Quitman High School (Quitman)
<b>05/21/2015</b>	Beauregard Parish School Board - East Beauregard HS (DeRidder) Beauregard Parish School Board - Merryville HS (Merryville) Beauregard Parish School Board - South Beauregard HS (Longville) Bossier Parish Community College (Bossier City)
<b>05/22/2015</b>	Vernon Parish School Board - North Polk Elementary School (Fort Polk) Beauregard Parish School Board - K R Hanchey ES (DeRidder) Beauregard Parish School Board - Title 1/Media Center (DeRidder)
<b>05/26/2015</b>	Office of Public Health (Alexandria) DCFS (Livingston)

	South Louisiana Community College (Lafayette)
<b>05/27/2015</b>	Renaissance Hotel - Baton Rouge State Military Department (Carville) St. Bernard Parish School Board - Admin Building (Chalmette) Office of Public Health (Alexandria) DCFS (Shreveport)
<b>05/28/2015</b>	Renaissance Hotel - Baton Rouge DOTD District 61 East Baton Rouge (Baton Rouge) Claiborne Building (Baton Rouge) St. Bernard Parish School Board - Admin Building (Chalmette) DCFS (Shreveport)
<b>05/29/2015</b>	Renaissance Hotel - Baton Rouge State Military Department - (Camp Minden) DCFS (Bogalusa)

### Stroke Awareness

Stroke can happen to anyone, at any age, and at any time. Nearly a quarter of all strokes occur in people younger than age 65. In the U.S., stroke is the fifth leading cause of death, killing nearly 130,000 people each year.

### Risk Factors

There are many risk factors for stroke. Some — such as gender, ethnicity, and age— are uncontrollable. Others — such as high blood pressure, high cholesterol, diabetes, and obesity — are controllable. Up to 80 percent of strokes are preventable. Taking control is the first step to managing your risk:

- Get moving
- Watch your diet
- Know your numbers
- Know your family medical history
- Drink moderately
- Stop Smoking

### Warning Signs

Most people don't know the warning signs of stroke or what to do when one happens. Acting quickly can tremendously reduce the impact of stroke. Recognizing stroke symptoms can be easy if you remember to think FAST:

- **F= Face:** Ask the person to smile. Does one side of the face droop?
- **A= Arms:** Ask the person to raise both arms. Does one arm drift downward?
- **S= Speech:** Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?
- **T= Time:** If you observe any of these signs, it's time to call 9-1-1.

Remember: the sooner stroke is treated, the better the odds of survival and a full recovery.

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)

Follow us on Twitter [@LiveBetterLA](https://twitter.com/LiveBetterLA)