Regal Medical Group Lakeside Community Healthcare™ ADOC Medical Group

FIND YOUR Healthy Way MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

MAY IS NATIONAL
PHYSICAL FITNESS
AND SPORTS MONTH
WE'VE GOT YOUR BACK!

The month of May is a perfect time to remind ourselves of the importance of physical activity for maintaining good health. If you have a desk job or don't exercise much, it's especially important to take care of your back, which can suffer as a result of an inactive lifestyle.

Our members and patients are advised to consult their primary care provider before making significant exercise/activity/diet changes. We invited Health Educator Kennedy Silva to address some of your questions on how to safely and properly care for your back.

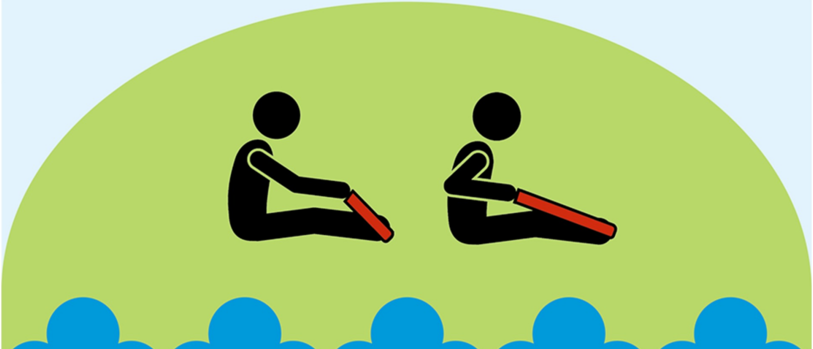
Ask the Health Educator

I sit most of the day at work. Can this be causing my back pain?

Sitting for long periods of time can cause a variety of problems such as weight gain, weak muscles, stiffness, fatigue, and spinal problems. To avoid these negative effects, it's important to move your body more often throughout the day. One easy way to do this is to stand up and stretch every hour. This can help to release tension in your back muscles and improve your overall posture. In addition to stretching, it also helps to do exercises that target your back muscles. These can help to build strength and flexibility to the muscles that support your spine.

What are examples of exercises I can do easily at home or work that can prevent back problems?

Some examples of back exercises include rows, lat pull-downs, and back extensions.



Seated Row

1. Sit on the floor with your legs extended. Loop the resistance band around the centers of your feet and hold one end in each hand.
2. Pull the band ends toward your waistline while squeezing your shoulder blades together.
3. Release and slowly return to the standing position.

About Kennedy Silva

Kennedy is a Certified Health Educator Specialist whose experience in public health drives her motivation to help improve the lives of our members in all of the communities we serve. By working one-on-one with members in a health coaching environment, Kennedy can see the changes they have made toward better health and wellness. She enjoys working in a community setting as much as working directly with each member. She is passionate about giving each person the proper time and attention they need to experience life to its fullest.

To find a full list of classes and events, please visit healthywayevents.com.

Let's fire up the grill for BBQ chicken burgers!

With summer celebrations just around the corner, what better way to get the party started than with a backyard BBQ? Grilling food outdoors is not only a fun way to entertain guests, but it also allows you to serve up fresh, healthy foods. A homemade BBQ chicken burger is the perfect addition to any summer party

menu. With its delicious blend of flavors and healthy ingredients, your guests are sure to be impressed. So fire up the grill, put on some music, and enjoy the beautiful weather while you cook up some mouth-watering BBQ chicken burgers!

Note: For members with high blood pressure and hypertension, consult with your doctor or health education team if you have questions about the right amount of salt intake.

Get the full recipe here

Got a doctor's visit coming up?

We'll help you prepare with these helpful tips.

Whether it's your first visit or an annual checkup with your primary care physician, we want to make sure that you get the most out of your doctor's visit. It's important to write down all of the reasons for your visit along with any symptoms you may be experiencing so that your doctor can best guide your care. Please remember to share all medications and over-the-counter supplements you are taking and be prepared to discuss any concerns.

Information to have with you during your appointment:

- Questions for your doctor
- Your health plan membership card
- List of current medicines you are taking
- List of current vitamins and supplements you are taking
- Names, phone numbers, and addresses of caregivers and emergency contacts
- Any legal healthcare documents like a durable power of attorney or healthcare directives

If you have any questions or need more information, call us at **(844) 878-0888**. We are available 24 hours a day, 7 days a week (TTY/TDD users should dial **711**). Your call is always free.

30th
THE ORANGE COUNTY
REGISTER
BEST OF
ORANGE
COUNTY
2023
ANNUAL PEOPLE'S CHOICE

THE PRESS-ENTERPRISE
BEST OF
INLAND
EMPIRE
2023
28TH ANNUAL READERS' CHOICE

The Best of OC & IE needs your vote!

Regal and ADOC Medical Groups love our members in the OC and the IE! Our passion is to ensure our members receive the best care possible and enjoy all the benefits of being with Regal and ADOC. We encourage all of our readers to vote for Regal and ADOC as the Best Medical Group in Orange County and the Inland Empire.

Voting runs from April 24 – May 26, 2023 for the OC. For voting rules for OC, visit this link.

Voting runs from Aprill 14 – May 14, 2023 for the IE. For voting rules for IE, visit this link.

CLICK HERE TO VOTE

Feel the beat and let's get ready
to Zumba®!

Want to experience all of the benefits of a healthy workout that doesn't feel like a workout? You've found it! Join our online class hosted by Zumba® instructor Betty Yeeopp for a workout so fun that it won't even feel like you're working out. Zumba® combines all the elements of fitness – cardio, muscle conditioning, and balance and flexibility – to give you a whole body workout that leaves you feeling refreshed and re-energized after each session. This class is set to high-energy Latin and World rhythms. Zumba® mixes low-intensity and high-intensity moves for a calorie-burning fitness party you don't want to miss!

Are you ready? Let's Zumba!

Access your session here

COVID-19 NEWS!

Public Health Emergency Ends on May 11, 2023

According to the California Health & Human Services Agency (CalHHS), the federal Public Health Emergency (PHE) for COVID-19 will expire at the end of the day on May 11, 2023. What will this mean for Californians? You can expect that COVID-19 efforts will remain a priority even though the State of Emergency is ending. You will still have continued access to vaccines, boosters and COVID-19 treatments and resources, as needed.

You can access the hhs.gov transition fact sheet to learn more about what changes will occur and what will not change after May 11.