

ARE YOUR BUTT MUSCLES SLEEPING?

Thanks to technology, modern life involves a lot of sitting—and many of us have done more of that since the pandemic began than ever before. This can lead to a condition called gluteal amnesia (also called lower crossed syndrome or dead butt syndrome).

The Benefits of Quitting Sitting (So Much)

Sitting for long stretches can reduce the activation of your gluteal muscles. Over time, they atrophy and weaken. This weakness can lead to pain and injury in your:

- Knees • Low back • Hamstrings • Ankles

Meet the Muscles of the Glutes

The muscles in your butt are responsible for rotating and stabilizing your hips, raising your legs to the side, and rotating your thighs:

- Gluteus maximus • Gluteus medius
- Gluteus minimus

3 EXERCISES TO WAKE UP SLEEPY GLUTES

Opt for exercises that activate your glutes. Repeat each of these 10 to 15 times.

Clamshell

Lie on one side with your legs bent at a 45-degree angle. Keeping your feet together, open your top leg. For a greater challenge, add a resistance band above your knees. Switch sides.



Bridge

Lie on your back with your legs bent and feet flat on the floor. With your low back flattened onto the floor, lift your hips up by squeezing your glutes, pressing into your heels. Slowly lower back to the floor.



Bird-Dog

Start on your hands and knees, with hands under shoulders and knees under hips. Brace your core, then lift your right arm and left leg at the same time until both are parallel to the floor, keeping shoulders and hips steady. Slowly lower and switch your arm and leg.



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- 1-888-674-1367 (from Bermuda)
- 1-877-236-2338 (from outside Bermuda)
- 1-519-251-5186 (collect calls from Bermuda)
- 1-519-251-5185 (collect calls from outside Bermuda)

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Take Steps to Prevent Cancer

When it comes to cancer prevention, you have more power than you might think. As many as half of all cancer cases could be avoided through lifestyle changes. Healthy eating and physical activity alone could reduce risk for cancer occurrence and death by up to 61%. That's great news, considering one in eight people worldwide die of cancer.

Best of all, you don't have to go all-in immediately. Each small step toward an anticancer lifestyle can pay off in a longer, healthier life. Start by trying these tips.

GOAL	SMALL STEP	
Get more fibre.	Blend fruit into a smoothie.	
Add more fruits and nonstarchy vegetables to your diet.	Top burgers or sandwiches with veggies like spinach or red peppers.	
Eat more whole grains.	Swap out chips and replace them with air-popped, fibre-filled popcorn.	
Cut back on red meat.	Make one day per week meatless. Try nutrient-rich beans and lentils instead.	
Limit fast food.	View fast food meals as a treat and limit them to once or twice per month.	
Get 150 to 300 minutes of moderate, or 75 to 150 minutes of vigorous, physical activity weekly.	Start with brief workouts—say, a walk around the neighbourhood. Add on as exercise becomes a part of your routine.	



health facts

Kids' Diabetes Risk Rose During the Pandemic

The pandemic has brought many children stress, disruption, and a loss of routine. And they could be at risk for another unwanted memento of this time: type 2 diabetes.

Once, usually only adults developed type 2 diabetes. But rates of this disease were already rising in youth before COVID-19. The pandemic increased many risk factors. That includes less access to exercise and healthy foods, more screen time, and poor sleep.

Often, type 2 diabetes has no symptoms. If your child is overweight and has other risk factors—such as family history of diabetes or being Black or Latino—talk with their healthcare provider about getting their blood sugar tested. If left untreated, diabetes can cause damage to the heart, nerves, blood vessels, kidneys, and eyes.

Protect your children by helping to prevent type 2 diabetes in the first place. Encourage them to exercise and limit their screen time. Provide more fruits and veggies and serve smaller portions instead of filling their plates.

Children who already have diabetes can follow similar steps to lead normal lives. Work with your child's provider on keeping blood glucose under control.

Is It Time for a Colon Cancer Screening?

Today, experts advise people with an average risk for colorectal cancer to begin regular screening at age 45. Risk factors include having inflammatory bowel disease or a personal or family history of colon cancer or polyps—abnormal growths that might turn into cancer later.

Screening can help catch colon cancer early, when treatment works best. And when polyps are found and removed, cancer can be prevented from starting in the first place. Providers may use various tests to check for

colon cancer or polyps. One is colonoscopy, in which the provider uses a lighted tube to look at your rectum and entire colon. Talk with your provider about which test is right for you and how often to have it done.



GET CANCER ANSWERS.

Find Bermuda's cancer screening guidelines and more resources at www.cancer.bm.

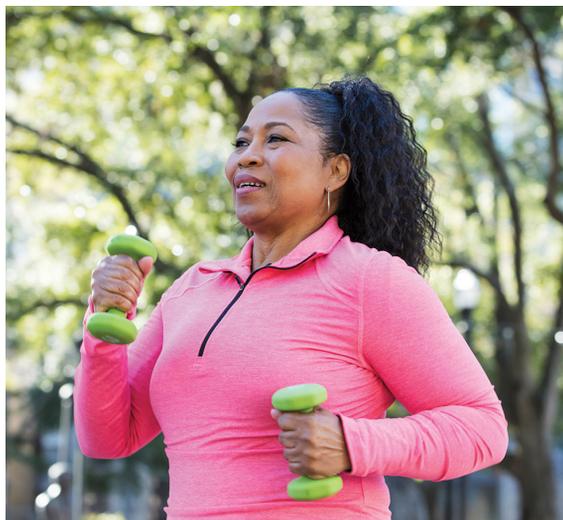
That 'Blah' Feeling? It's Languishing

The COVID-19 pandemic has brought on a mental health challenge. Even those who aren't experiencing a specific condition such as anxiety or depression may find themselves feeling lost and aimless. Psychologists call this languishing.

In a worldwide study conducted in spring 2020, about one in 10 people met the criteria for languishing. Those in its throes may seem apathetic, listless, and uninterested. Languishing increases your odds of developing other mental health problems. If you already have a mental illness, your odds of recovery decline if you languish.

If you can't pinpoint a specific problem, you might be languishing. But there are ways to reclaim energy and hope:

- **Connect.** In the global study, social support was linked to greater well-being. Reach out to friends and family to share your feelings.
- **Stay the course.** Psychological flexibility means you are able to act in line with your own values, goals, and emotions—rather than reacting to short-term thoughts and impulses. Research suggests mindfulness practices, such as meditation, enhance this skill.



- **Get out.** The study found that people who left the house three or more times per week felt better than those who didn't. Pair outdoor time with exercise, which further boosts mood.



FIND SUPPORT.

Talk with your healthcare provider about mental health concerns. For urgent help, call the 24-hour Mental Health Crisis Line at 1-441-239-1111.



Tips for Avoiding Colds and the Flu

Although COVID-19 has gotten most of the attention lately, colds and the flu (influenza) still make millions of people ill each year.

You have the power to help protect yourself—and others. And steps you take to fight these germs also will help protect you from the coronavirus.

To lower your risk of getting sick:

- Clean your hands often, scrubbing with soap and water for 20 seconds. When you can't, use a hand sanitizer containing at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth, unless you've just washed your hands.
- Keep away from people who are sick when possible.

When you're feeling unwell:

- Stay home.
- Cover your mouth and nose whenever you cough or sneeze. Use a tissue or, in a pinch, your upper shirt sleeve.
- Disinfect high-touch surfaces and objects, such as doorknobs, hand railings, phones, and keyboards. Do this frequently, especially when you or someone in your home is ill.

There is no vaccine for colds, but luckily there is for the flu. If you haven't had yours this year, get it as soon as possible.



TAKE A SHOT.

Flu vaccination is available through physicians' offices or from the Department of Health at a cost of \$10 (free for persons aged 65 years and older). Learn more about flu at www.gov.bm/flu.

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