

Health e-Newsletter

April/2009

In This Issue

Fitness Training: 4 Elements of a Rounded Routine

5 Important Reasons to Immunize Your Child

Legislative Update

We have been researching how the American Recovery and Reinvestment Act of 2009 will impact your health insurance and have released several Legislative Updates regarding this matter. Please contact us with any questions at:

serviceteam@alliantservices.com

New Contact Info!

Please update your contact info with our new address, phone, and fax below.

Alliant Financial Services, Inc.
7299 West 98th Terr, Suite 150
Overland Park, KS 66212

Toll Free 877-381-0888
Phone 913-381-0800
Fax 913-381-0804

Sign up to receive our
newsletter

Dear Valued Clients,

April is quickly approaching and Spring weather is upon us! With warm weather ahead of us, now is a good time to get out and enjoy the outdoors. In this issue you'll find out how to develop a well rounded exercise routine and five important reasons why you should have your infant immunized.

We hope you have received our recent Legislative Updates regarding the COBRA provisions in the new American Recovery and Reinvestment Act and found them helpful. The DOL has released updated COBRA model notices and if you have any questions you can now email us at serviceteam@alliantservices.com or just give us a call.

As always, we hope you enjoy this edition and would like to hear from you with any questions, concerns, or suggestions for future articles.

Keep your company informed with important health information!

This newsletter is designed to benefit you and your employees, so please feel free to forward it to family, friends and co-workers!

Fitness Training: 4 Elements of a Rounded Routine

Want to achieve overall physical fitness? Make sure your fitness training routine covers the bases: aerobic fitness, muscular fitness, stretching and core stability.

Whether you're an exercise novice taking the first steps toward fitness: a committed fitness fanatic hoping to optimize your results, a well-rounded fitness training program is essential. Base your exercise goals on the four primary elements of fitness.

1. Aerobic fitness

Aerobic exercise is the cornerstone of most fitness training programs. Aerobic exercise causes you to breathe faster and more deeply, which maximizes the amount of oxygen in your blood. The better your aerobic fitness, the more efficiently your heart, lungs and blood vessels transport oxygen throughout your body - and the easier it is to complete routine physical tasks and rise to unexpected challenges, such as running to your car in the pouring rain.

So what counts? Any physical activity that uses large muscle groups increases your heart rate. Try walking, jogging, biking, swimming, dancing, water aerobics - even gardening and housework. Aim for at least 30 to 60 minutes of aerobic exercise most days of the week, even if you need to break it into 10-minute spurts of activity.

2. Muscular fitness

Muscular fitness is another key component of a fitness training program. Regular strength training can help you reduce your body fat, increase your lean muscle mass and burn calories more efficiently. Building muscle also protects your joints from injury and boosts your stamina.



Alliant

financial services, inc.

Specializing in...

- Life
- Health
- Disability
- Dental
- Vision
- Long Term Care
- Self-Funding Options
- HRA
- HSA
- Full Flex Spending Accounts
- Cafeteria Plans
- Workers Compensation
- General Liability Insurance
- Retirement Planning
- 401k
- Simple/SEP IRA
- HIPPA
- Compliance
- Human Resources Consulting
- COBRA Regulations

"Insurance for your benefit"

www.alliantfinancial.com



Want to Contact us?

might even help you get a better night's sleep.

Most fitness centers offer various resistance machines, free weights & other tools for strength training. But you don't need to invest in a gym membership or expensive equipment to reap the benefits of strength training. Hand-held weights or homemade weights - such as plastic s drink bottles filled with water or sand - may work just as well. Resista bands are another inexpensive option. Your own body weight counts, too. Try push-ups, abdominal crunches and leg squats.

3. Stretching

Most aerobic and strength training activities cause your muscles to contract and flex. For balance in your fitness training program, it's important to stretch those muscles, too. Stretching increases your flexibility, improves the range of motion of your joints, and promotes better posture and circulation. Regular stretching can even relieve str and help prevent injury, especially if your muscles or joints are tight.

Set aside time to stretch after each workout, when your muscles are warm and receptive to stretching. If you don't exercise regularly, you might want to stretch at least three times a week to maintain flexibility Activities such as yoga and tai chi promote flexibility, too.

4. Core stability

The muscles in your abdomen, lower back and pelvis - known as you core muscles - support balance and stability. The final element of a w rounded fitness training program? You guessed it. Strengthening you core muscles.

Abdominal crunches are a classic core exercise. You can also try tai or do various core exercises with a fitness ball. Sitting on the ball with good posture is a good start. From there, you can try abdominal crunches and other core movements.

Cover all 4 elements

Whether you create your own fitness training program or enlist the he of a personal trainer, make aerobic fitness, muscular fitness, stretchir and core stability part of your overall exercise plan. Factoring in these four fitness elements can help you promote fitness for life.

5 Important Reasons to Immunize Your Child

You want to do what is best for your children. You know about the importance of car seats, baby gates, and other ways to keep them sa But, did you know that one of the best ways to protect your children is make sure they have all of their vaccinations?

Immunizations can save your child's life. Because of advances in medical science, your child can be protected against more diseases t ever before. Some diseases that once injured or killed thousands of children have been eliminated completely and others are close to bei gone - primarily due to safe and effective vaccines. One example of i great impact vaccines can have is the eradication of polio in the Unite States. Polio was once America's most-feared disease causing death and paralysis across the country but today, thanks to vaccination, the are no reports of polio in the United States.

Vaccination is safe and effective. All vaccines are only given to children after a long and careful review by scientists, doctors, and healthcare professionals. Vaccines will involve some discomfort and

Send us an email:
info@alliantservices.com
 or
 Call us: (913) 381-0800

may cause pain, redness, or tenderness at the site of injection but this is minimal compared to the pain, discomfort, and trauma of the disease these vaccines prevent. The most comprehensive scientific studies and reviews have not found a link between vaccines and autism. Groups of experts, including the American Academy of Pediatrics, the Institute of Medicine (IOM), the National Institute of Health (NIH), the Centers for Disease Control and Prevention (CDC) and other federal agencies all agree that vaccines are not responsible for the number of children not recognized to have autism.

Immunization protects others you care about. Serious vaccine-preventable diseases still occur. Unfortunately, some babies are too young to be completely vaccinated and some people may not be able to receive vaccinations due to allergies, illness, weakened immune systems, or other reasons. To help keep these individuals safe, it is important that you and your children who are able to get vaccinated are fully immunized. This not only protects your family, but also helps prevent the spread of these diseases to your friends and loved ones.

Immunizations can save your family time and money. A child with a vaccine-preventable disease can be kept out of schools or daycare facilities. A prolonged illness can take a financial toll because of lost time at work, medical bills, or long-term disability care. In comparison, getting vaccinated against these diseases is a good investment and is usually covered by insurance. The Vaccines for Children program is a federally funded program that provides vaccines at no cost to children who might not otherwise be vaccinated because of inability to pay. To find out more about the VFC program, visit, <http://www.cdc.gov/vaccines/programs/vfc/> or ask your child's health provider.

Immunization protects future generations. Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations before. For example, smallpox vaccination helped eradicate that disease world wide. Your children do not have to get smallpox shots any more because the disease no longer exists. If we keep vaccinating now, parents in the future may be able to trust that diseases like polio and measles won't infect, cripple, or kill children.

For more information about the importance of infant immunization, visit <http://www.cdc.gov/vaccines>.

Message from Alliant - The referral of a friend or relative is one of the most satisfying rewards in our profession. Anyone that you refer to Alliant will receive the same level of courtesy and professionalism that you get from us.

Please check out our website at www.alliantservices.com

Forward email

✉ SafeUnsubscribe®

This email was sent to ben@alliantservices.com by serviceteam@alliantservices.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Alliant Financial Services, Inc. | 4717 Grand Avenue | Suite 202 | Kansas City | MO | 64112