

Benefits NEWSWAVE

Fall into Fitness

While there are still a few weeks of summer to go, the hottest part of the season is likely over. There's still a good number of daylight hours left, and exercising outside can be a fun way to liven up your exercise routine. Read on for ideas on incorporating more exercise into your day, including how to find time in your busy schedule.



Shake it Up

Beach days, summer barbeques and travel plans may have derailed your best exercise intentions over the last couple of months. As summer winds down, the kids return to school and vacations come to an end, it can be a challenge to get back into our normal routines. The key is to find an exercise routine that's achievable and fun. Take advantage of the next several weeks of temperate weather. Walking, hiking and cycling can be appropriate for all fitness levels and are great ways to engage the entire family in healthy outdoor activities. For more ideas on making exercise fun and a little different, read [Fall Fitness Challenge](#).



Too Busy to Exercise

It's easy to dismiss exercise as something we just "don't have time for." The good news is that there are a lot of ways to "sneak" in exercise. You can start by looking at how you spend your time and see if you can make a few swaps. What if you substituted the 10 or 15 minutes you just spent scrolling on your phone for a brisk 10-minute walk around the block or 10 minutes on your stationary bicycle while watching your favorite tv show? Can you make one meeting a day a "walking" meeting where everyone gets out in the fresh air? If you have a phone call to make, perhaps you can do that while you're walking? You can stretch and do a few reps of lunges or squats while you're making your coffee. And don't forget that kids and pets are built-in exercise coaches! Play in the backyard, run down to the ballfield and throw a few pitches. Get the idea? If you need more suggestions on how you can be a sneaky exerciser, read [Exercise Strategies for Busy Lifestyles](#).

Don't Forget about the Watts Fitness Benefit

Have you received your [\\$250 fitness benefit yet](#)? If not, read up on it and find out if you're eligible.

Wellness Corner

Electrolytes are electrically charged minerals that regulate fluids moving in and out of your cells and are essential to keep your body running smoothly. If you have a balanced diet, you're likely already getting enough electrolytes through foods like leafy greens, nuts, meat, fish and others. There are circumstances — intense exercise, hot weather, illness — when supplementing your electrolyte intake makes sense. Read [Electrolyte Drinks: What to Know](#) for more information and for a recipe to make your own electrolyte drink at home.

Healthy & Delicious: Recipe of the Month



As the autumn days get shorter, life seems to get busier. If you need a little pick-me-up, try this “[Magical Cold Brew Coffee](#)” recipe. Save the trip to your local barista and the cost of an expensive caffeinated beverage by making it at home.

Did You Know?

According to the Centers for Medicare and Medicaid Services, over half of all adult Americans live with at least one chronic disease, such as heart disease and diabetes. Some conditions, like high blood pressure, don't have any obvious symptoms, so it's important to have regular, annual physicals — even if you aren't currently experiencing any problems.



Identifying and addressing potential health risks early can help you manage a condition more effectively and reduce the severity of it. If the intervention is early enough, you may be able to avoid a chronic condition altogether.

With [Catapult Health](#), a free service available to you and your dependents when enrolled in a Watts medical plan, you can get preventive care from the privacy of your own home. Convenient, confidential, and you'll receive an action plan to review and discuss with your own doctor. What could be easier? Don't put off your annual physical another day —visit the [Catapult Health](#) page and get started.

Read [Are You Scheduled?](#) for tips on preparing for your annual check-up and suggestions for how to make your visit more productive.

Important Dates

Webinars & Events

Hinge Health Webinars

- **Sleep and Pain: Tips to Stop “Painsomnia” and Wake Up Feeling Better**
 - **September 9:** 1 p.m. ET / 12 p.m. CT / 10 a.m. PT
hinge.health/register-september2026
- **Hinge Health 101: Digital Physical Therapy for Pain Relief**
 - **September 16:** 1 p.m. ET / 12 p.m. CT / 10 a.m. P
hinge.health/register-september2026

Progyny Webinar

- **Menopause 101: Mythbusters**

Learn about Peri/menopause symptoms and treatment options, common misconceptions about each stage of the journey, and available care and support through Progyny to help you find relief.

 - **September 15:** 3 p.m. ET / 2 p.m. CT / 12 p.m. PT
[Register here.](#)

SmartConnect Webinars

- **Medicare 101: Preparing for Your Open Enrollment**
Learn about Health Savings Accounts (HSA) and Medicare Enrollment, Enrollment Periods and Medicare Eligibility and more.
 - **September 10:** 2 p.m. ET / 1 p.m. CT / 11 a.m. PT
- **Medicare 101: Preparing for Medicare's Annual Enrollment Period**
Find out about Enrollment in Original Medicare (Part A and Part B), the Styles of Secondary Coverage (Medicare Supplement, Medicare Advantage [Part C] and Prescription Drug Plans [Part D]) and more.
 - **September 17:** 1 p.m. ET / 12 p.m. CT / 10 a.m. PT
- **Medicare 101: Supplement vs. Medicare Advantage**
Discussion will include Medicare Basics, Benefits of Each Style of Secondary Coverage, and Common Enrollment Periods.
 - **September 25:** 12 p.m. ET / 11 a.m. CT / 9 a.m. PT

Register [here](#) for the SmartConnect webinars.

