



CULTURE OF WELLNESS FEATURE

Healthy 2014 CORE Wellness Initiative

The upcoming 2014 FIFA World Cup is a great opportunity for us to celebrate team sports and all they have to offer to participants and fans alike. Especially true of soccer (fútbol), the unofficial language of sport enthusiasm transcends cultural and linguistic barriers, bringing the world closer together one game at a time. The incomparable camaraderie established through team sports provides many benefits to help you live a happier, healthier life.



To work out like a soccer player, check out our YouTube video:

http://youtu.be/M5uQP_pudX8

Benefits to being a sports fan:

- 1: Inspires you to be active. Seeing the athletic bodies of the people you cheer on and your love for the game is great inspiration to start your own game or go for a run after watching an intense match.
- 2: It helps you connect with people. Whether it is your best friend, your neighbor or the person you've been sitting next to at the stadium, watching sports keeps you connected and helps you feel part of a group. This social aspect helps you stay healthy and reduces tension.
- 3: It reduces stress. When you see your team score that final point, your heart soars as you cheer along with your friends. Even after a devastating loss, though, bonding with friends helps to reduce stress. Dr. Renee Clauselle, who has a private psychology practice in Long Island, NY says "Bonding over sports—the highs and lows of the game—strengthens ties, helps us feel supported, and makes it easier for you to open up about personal things,"
- 4: It can make you smarter. Gone are the days when we used to think of sports fans as "dumb jocks;" research has now shown that listening to sports regularly stimulates certain parts of the brain related to controlling, planning, and performing. It also improves neurological function.

<http://www.everydayhealth.com/>
<http://www.prevention.com/>

Join the Voyage!

There are many ways that you can get involved with the 2014 CORE Wellness theme Culture of Wellness. Explore our Culture of Wellness website culture.acicorewellness.com that houses our monthly feature, international recipes submitted by you and our nutrition experts, links to worldly websites such as the 2014 Sochi Olympics, and even spotlight stories of employee experiences abroad. Stay tuned for more information about Culture of Wellness challenges, events, videos and more through the monthly CORE Wellness newsletter and our social media outlets.



For more information contact a specialist at **800.932.0034** or email askthepros@acispecialtybenefits.com



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