

July 2024 Newsletter Content: Building a Movement Mindset

Movement Mindset Webinar Join Lacy Wolff and Jewell Smith on July 11, from 10-11 a.m. CT. Often our own thinking creates the biggest barriers to engaging in physical activity. In this webinar, we will explore creative ways to manage our expectations and turn our barriers into cues to motivate daily movement. Register through the [Movement Mindset Registration Link](#)

Starting a Strength Training Routine: Building a Stronger You Webinar Join us on Thursday, July 16, from 10-11 a.m. CT for an engaging and informative webinar with Lacy Wolff, Coordinator for Statewide Well-being Initiatives at ERS and Demetrius Bailey, Training Specialist at Texas DPS. Learn the fundamentals and benefits of strength training, including the benefits for physical and mental health, essential exercises to get started, and tips for creating a sustainable and effective routine. Register through the [Starting a Strength Training Routine Registration Link](#)

Power Surge: 5-Day Strength Training Challenge From July 22-26, Join us for a new 5-day strength training challenge designed to fit seamlessly into your busy schedule. Each day, you will receive a link to a video featuring a 15-20 minute strength training session that you can complete at your convenience. Register through the [ERS Wellness Calendar](#)

Join the Fitness Program! Use the code **FITINJULY** to waive the enrollment fee during the month of July. [The Fitness Program](#) gives HealthSelectSM participants and covered dependents (age 16 and older) access to a network of fitness facilities. The digital only option lets you stay active from the comfort of your own home.

Fitness & Nutrition Connect Community Calls Join the BCBSTX wellness team for 15- minute check-ins to connect with others and engage in a lively wellness discussion on a wellness topic. Check out the full schedule of events and register for sessions through the [ERS Wellness Events Calendar](#).