



New Mexico
Public Schools
Insurance
Authority



NMPSIA
Wellness

Work & Well-Being Newsletter

October 2026



Motion is Medicine

When it comes to staying healthy, movement truly is medicine. Mobility, or our ability to move freely and easily through activities like walking, bending, lifting, and reaching, plays a vital role in maintaining independence and quality of life. The saying "if you don't use it, you lose it" is especially true for our muscles and joints. Too much sitting and too little movement can lead to stiffness, weakness, and an increased risk of injury.

Small, consistent actions make a big difference. Taking movement breaks throughout the day, participating in regular physical activity, and incorporating mobility exercises can help keep your body functioning the way it was designed to.

Don't forget that strength matters, too. Building and maintaining muscle supports everyday activities and promotes a healthier body composition. Whether it's a walk around the block, a stretching session, or strength training at the gym, every movement counts. Make mobility and movement a priority today because a healthier, stronger future starts with staying active now.

There are many things you can do to improve your mobility regardless of your current fitness level.

Try These Exercises



Hip Circles



Arm Circles



Glute Bridges



Neck Circles



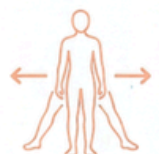
Hinge to Squat



Ankle Circles



Cat-Cow Pose



Lateral Step

Embrace movement comfortably and confidently.

Monthly Program Updates

Click an image for full flyer and registration links

BCBSNM Health Education

Healthy Bones and Joints

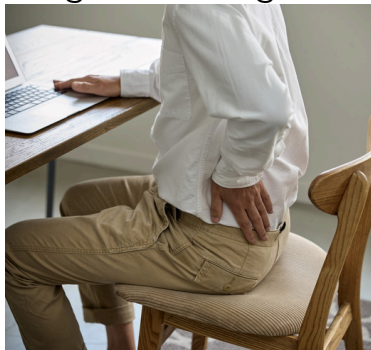


Tuesday, October 20
3:30PM

Join to learn about ergonomics and musculoskeletal disorders (MSDs). You will also learn symptoms of MSDs, risk factors, tips, and stretching techniques for prevention and improvement.

TSG Wellness Webinar

Chair Repair:
Undoing the Damage of Sitting



Wednesday, October 21
12:00PM*

*Recording Available if Registered

In this session, discover the real science behind sitting disease, how it affects posture, metabolism, and mood, and practical micro-breaks. Participants will leave with easy-to-implement stretches, movement hacks, and desk set-up tips to keep the body active and energized.

BCBSNM Minset Monday

Hydration and Exercise



Monday, October 26
8:30AM* & 3:45PM*

Learn how to stay active during the summer months, the signs of dehydration, impacts of dehydration on health and exercise, and how to prevent dehydration.

*Only 15 Minutes!

BCBSNM Wellness Wednesday

Exercise for a Healthier You



Wednesday, October 28
8:30AM* & 3:45PM*

Learn about the benefits of exercise, how to start an exercise program, and continue to stay strong and flexible for total physical fitness. You will also learn how to properly hydrate and fuel up for exercising.

*Only 15 Minutes!

TSG Cooking Show

Chili Today, Calm Tomorrow:
Foods for Body & Soul



Thursday, October 22
12:00 PM*

*Recording Available if Registered

With warming chili and chocolatey brownies, these recipes balance plant-based nutrition with comfort, creating foods that nourish body and spirit alike. This month reminds us that food can ground us in both health and joy.

Featured Podcasts



Learn some joint protection tips with Healthy Joint Mobility



Upper Body Mobility can help prevent injury and keep your joints healthy.



Keeping your hips healthy is not only good for the hip but other areas of the body - Maintaining Healthy Hips



STAY ACTIVE. YOUR BODY WILL THANK YOU*

PRESBYTERIAN Fitness Pass Membership

You and your enrolled dependents (age 18+) have access to thousands of national, regional, and local fitness recreation & community centers including:

- Defined Fitness
- Prime Fitness Network
- Select YMCA locations
- Discount at all Sports & Wellness

For quick access and to learn more about Fitness Pass, go to: www.phs.org/wellness and sign in using your myPRES credentials.

Only \$29.50 per eligible member per month



BlueCross BlueShield
of New Mexico

Fitness Program

The Fitness Program provides members and covered dependents (age 18+) with tiered membership options where they have unlimited access to more than 12,000 participating facilities nationwide.

New Member Special!

Pay No Enrollment Fee When you Join the Fitness Program in October

To enroll, log in to Blue Access for Members at bcbsnm.com and search for the Fitness Program under My Health > Wellness.

*You need to enter the code OCT26FP



It's not too late to sign up for NMPSIA's favorite step-challenge, Walktober!

Energize your life by joining our 4-week step challenge. The Joy of movement (and some great prizes) will keep you motivated all month long.

LAST DAY TO REGISTER AND JOIN A TEAM IS MONDAY, OCTOBER 5



SCAN THE QR CODE OR VISIT:
<https://NMPSIA.Walktober.com>

**"Life is like riding a bicycle.
To keep your balance, you
must keep moving."**

– Albert Einstein



NEW! On-Demand Program Available!

Discover the art of turning each step into a practice of presence. In this 3-part online program, you'll explore the many benefits of walking meditation and mindfulness — from calming the nervous system and reducing stress, to increasing focus, clarity, and a felt sense of connection with your body and surroundings.

[CLICK HERE TO REGISTER](#)

*Visit www.NMPSIA.com/wellness for more information

Easy Sheet Pan Chicken Fajitas

Serves 4

Total time: 30 minutes

Ingredients:

- 1.5 lbs chicken strips or shredded chicken
- 3 bell peppers, sliced into strips
- 1 medium yellow onion, sliced into strips
- 2 tablespoons (tbsp) olive or canola oil
- 5 teaspoons (tsp) fajita or taco seasoning
- 8 taco size flour tortillas
- Optional toppings: lime juice and chopped cilantro

Directions:

- Preheat the oven to 400 F and spray a large rimmed baking sheet with non-stick cooking spray.
- Spread chicken strips, bell pepper, and onion sliced onto the baking sheet. Drizzle oil and sprinkle seasoning over top of the vegetables and chicken. Toss everything to coat evenly. Spread into an even layer, working to keep chicken from overlapping.
- Roast in the oven at 400 F for 18-25 minutes, tossing at 10-12 minutes to ensure even cooking. The chicken should be tender with an internal temperature of 165 F.
- Serve filling warm in war tortillas with desired toppings.



Nations Nutrition can transform your eating habits and help you embrace a healthier lifestyle at nmperia.nationsbenefits.com/nutrition.

***Nations Nutrition available for Presbyterian members**

Full Body Workplace Stretching Program



Register for our 6-week email-based program, **Full Body Workplace Stretching Program**, to learn proper stretching, increase blood flow to your muscles, re-energize, and integrate stretch breaks into your daily routine. Weekly emails include educational materials and guided stretching videos targeting specific areas of the body each week.

REGISTER TODAY!