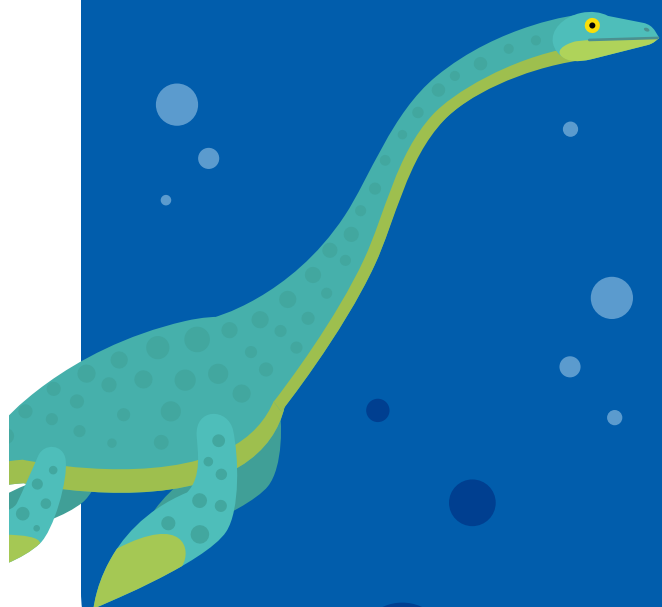


Keep your
scales in
shape with
this fun
Jurassic-era
workout.



UHCommunityPlan.com/MS

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ATENCIÓN: Si habla español, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

LƯU Ý: Nếu quý vị nói tiếng Việt, có dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho quý vị. Gọi số điện thoại miễn phí trên thẻ nhân dạng của quý vị.

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937-CST13914 4/17

Take the
**Dino workout
challenge.**

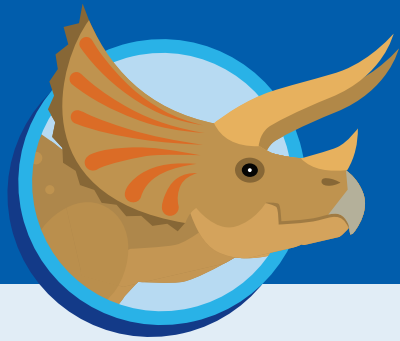


Round
1
UHC_CS

Team
Creative: Mike
Production: Lisa
Marketing: Tracy
Job: 13914_MS17

Project Details
Color(s): CMYK
Bleed: .125"
Resolution: vector
File Name:
CST13914_MS17_Jackson Zoo Dino Brochure.indd

Dimensions
Flat: 11x8.5" @100%
Fold: 3.6875x8.5"
Software: InDesign
CC2015



Get a prehistoric workout by moving like a dinosaur. It's a fun workout for the whole family.

1



Stretch like a Stegosaurus.

It feels good to stretch. And it's good for your muscles. This exercise shows you how to warm up safely to help avoid injuries.

- ✔ Sit on the floor with your legs shoulder-width apart.
- ✔ Clasp your thumbs so that your hands are together, palms down.
- ✔ Relax and place your hands between your legs.
- ✔ Get a partner to hold your legs flat.
- ✔ Stretch forward as far as you can in one smooth motion. Try this 4 times.



Did you know? The Stegosaurus diet included fruit.¹ If this delicious food group is good enough for the big armored dinosaur, then they're good enough for you.

2



Trot like a Tyrannosaurus.

See how fast and agile you are by chasing down prey like a Tyrannosaurus Rex. Your prey will be a stick.

- ✔ Start with your feet behind the line.
- ✔ Race to the opposite side and pick up a stick.
- ✔ Race back and place the stick behind the starting line.
- ✔ Race back to the opposite side to pick up the next stick.
- ✔ On your last leg, run as fast as you can through the finish line.



Did you know? Tyrannosaurus Rex was a huge carnivore (meat eater) and mostly ate plant-eating dinosaurs.² Meat is a protein, which helps you grow big and strong. Just not T. Rex big.

3



Bounce like a Brachiosaurus.

Test your endurance with a jump rope. See how long you can keep jumping without stopping or getting caught in a tangle.

- ✔ Start with 10 jumps.
- ✔ When you can do 10 jumps, try to do 20 next.
- ✔ When you can do 20 jumps, try to do 50 next.
- ✔ When you can do 50 jumps, keep jumping for as long as you can.



Did you know? Brachiosaurus most likely ate up to 900 pounds of dry plants each day.³ Be like a Brachiosaurus. Eat veggies every day (please don't try to eat 900 pounds' worth).



Parents, looking for information on UnitedHealthcare Community Plan?

Scan this QR code to see how we can help.



¹ Stegosaurus: Bony Plates & Tiny Brain, <http://www.livescience.com/24184-stegosaurus-facts.html>
² Tyrannosaurus Rex: Facts About T. Rex, King of the Dinosaurs, <http://www.livescience.com/23868-tyrannosaurus-rex-facts.html>
³ Brachiosaurus: Facts About the Giraffe-like Dinosaur, <http://www.livescience.com/25024-brachiosaurus.html>



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