



Activate Physical Activity

Are you ready to take charge and achieve a healthier lifestyle? Here you will find ideas and resources to help you Activate More. It's simple to incorporate some small changes into your everyday routine to move a little more. These small changes can add up to a big improvement in your overall health!

If you're a PacificSource member, [sign in to Member Login](#) » to access PacificSource' online health management tools and personalized support. *(Available to most members, depending on your coverage. Call the customer service number on your member ID card for more information.)*

Walking/Biking-

[Find Your Walk/Bike Score](#) »

[Local Parks & Recreation](#) »

[Local Walking/Biking Paths](#) »

[Map Your Route](#) »

Alternative Transportation-

[Treasure Valley Bus Routes](#) »

[Treasure Valley Rideshare Information](#) »

Wellness Initiatives –

[Boise Bike Week](#) »

[May In Motion](#) »

[Meet Me Mondays](#) »

[Unplug and Be Outside](#) »

Physical Activity Challenges-

[Activate Treasure Valley Stairway Initiative](#) »

[ALA-Fight for Air Climb](#) »

[Relay for Life](#) »

[Walk 150](#) »

Calculators and Apps-

[BMI Calculator](#) »

[Cardio Trainer App](#) »

[Get Moving Calculator](#) »

[Instant Heart Rate App](#) »

[My Fitness Pal App](#) »

[Nike Training Club App](#) »

[Target Heart Rate Calculator](#) »

[Weight Loss App](#) »

Move More-

[Free Weights vs. Weight Machines: What Should I Use?](#) »

[Getting Active](#) »

[Stairwell to Better Health by the CDC](#) »

[Staying Active in the Winter: 5 Ideas for Exercising Indoors](#) »

[Track Your Activity](#) »

Do you have a Physical Activity Resource you would like to share with our network? Contact [Anjie Knickrehm](#) and tell us about it!

* Before trying to lose weight, talk to your doctor. He or she knows you and your health and can recommend a safe starting point for losing weight. And knowing your body mass index (BMI), cholesterol levels, blood pressure and other numbers will help you get to where you need to be.