

REDUCE WEIGHT REDUCE RISK



TIPS TO MANAGE WEIGHT

Maintaining a healthy weight helps to lower your risk for serious health conditions, including diabetes and heart disease. A healthy weight helps to prevent high cholesterol, stroke, high blood pressure and sleep apnea. Here are some tips to help you make controlling your weight a part of your lifestyle.*

EAT HEALTHY

Start with a good breakfast — like oatmeal, yogurt and/or fruit — so you don't overeat later. Plan and shop for meals in advance. It helps you to avoid grabbing unhealthy foods at the last minute. Choose lean meats and fish, whole grains, fresh fruits and vegetables, beans, nuts, seeds, and low-fat dairy. Eat more fruits and vegetables — the high fiber can help you feel full. Keep healthy snacks handy at home, at work and in your car.

COUNT CALORIES

Weight loss comes down to burning more calories than you take in. Know your daily calorie needs and keep track of calories you eat. Learn what foods to limit — like processed or fried foods, solid fats, added sugars, soft drinks and alcohol. The calorie content of any food or beverage is on its Nutrition Facts label. Check restaurant websites for calorie contents. Learn to eyeball portions at restaurants, so you'll know how much to eat.

STAY ACTIVE

Any kind of physical activity burns calories — gardening, sports, even cleaning your house. For variety, try flexibility exercises like yoga and aerobic exercises like walking. Weight-bearing exercises build lean muscle. Aim for 30 minutes of physical activity five days a week.*

* Talk to your doctor or health care provider before beginning any type of physical activity or weight-loss program.

 **TALK TO YOUR DOCTOR**

Talk to your doctor. Or contact a Blues On CallSM health coach at 1-888-BLUE-428 (1-888-258-3428) about ways to maintain a healthy weight.

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.
Blues On Call is a service mark of the Blue Cross and Blue Shield Association.
10/16 CS201326



HIGHMARKBCBS.COM