

# Winter

## Health Calendar

Visit [www.BlueHealthAdvantageNE.com](http://www.BlueHealthAdvantageNE.com) for more health and wellness information and to take the Monthly Health Challenge. The challenge is located in the Tools & Programs section of the website.



### January

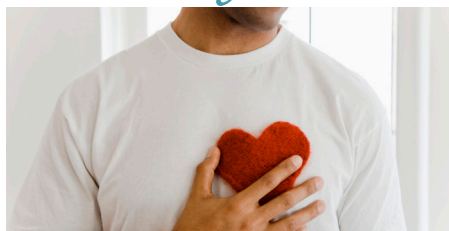


#### Healthy Weight Month

It's a new year, and like many of us, you may have weight loss on your list of resolutions. You can achieve weight loss beyond that first month or two of the year by incorporating lifestyle changes. The tried and true formula of eating fewer calories and burning more calories with physical activity is your ticket to successful weight loss. Make this your best year ever by adopting these key behaviors of successful losers:

- Make time for physical activity each day
- Reduce calorie and fat intake
- Weigh yourself regularly
- Eat regular meals, including breakfast
- Don't let small slips turn into large weight regain

### February



#### Take Care of Your Heart Month

Make it a goal this month to show your heart some love. Now is the time to make up your mind to take some control over your future with lifestyle changes that can protect your heart. Here are some tips:

- Don't smoke, and if you need to quit, turn to a healthcare professional for help and support
- Improve your eating habits by cutting down on saturated fat, sugar and salt
- Be more physically active
- Maintain a healthy weight
- Learn to be more relaxed and positive
- Have regular medical check-ups
- Take any medication you've been prescribed to control blood pressure, cholesterol or diabetes

### March



#### Healthy Eating Month

We are surrounded by huge food portions in restaurants, fast food places, gas stations and movie theaters. Researchers have found that people tend to eat most or all of what they are served, rather than taking leftovers home in a carry out box. The following are some tips and suggestions to help you eat healthy while dining out:

- Share an entrée with a friend
- Ask for sauces, gravy and dressings on the side
- Ask for substitutions. Instead of french fries, request vegetables
- Know the nutritional value of foods you order by asking or looking them up online before you go out
- If you're eating out for one meal, make sure your other meals contain healthy foods, like fruits and vegetables



A new you.  
**BlueHealth Advantage**  
Small changes can make a big difference.



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