

Winter HEALTH CALENDAR

Visit 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. And remember that a reasonable rate of weight loss is a pound or two each week. 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

Source: U.S. Department of Agriculture; The National Weight Control Registry

February take care of your heart month

Make it a goal this month to show your heart some love. Now's 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, friends and family for support
- Have your blood pressure checked regularly
- Improve your eating habits by cutting down on saturated fat, sugar and salt
- Be more physically active (check with your doctor if you've been inactive for a long time)
- 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 high blood pressure, high cholesterol or diabetes

Source: American Heart Association

March healthy eating month

The food choices you make every day affect your health – how you feel today, tomorrow, and in the future. You may be eating plenty of food, but not eating the right foods that give your body the nutrients you need to be healthy. Eating right isn't just a diet – it's the key to a healthy lifestyle. A healthy eating plan:

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars

Source: U.S. Department of Agriculture

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.



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



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