

Scale down now for a healthier lifestyle

Sizing up your weight

If you are one of the 129 million U.S. adults who are overweight,* you may be considering a weight loss program. Losing weight can help you feel better in many ways by:

- Lowering your stress and boosting your mood
- Increasing your strength
- Helping control blood pressure, cholesterol and blood sugar
- Building healthy bones, muscles and joints
- Making your heart and lungs work better
- Improving your self esteem and energy level

To lose weight successfully, find a program that works for you, maintain a positive attitude and solicit support from family and friends.

You'll see your size go down in no time.



**BlueCross BlueShield
of Illinois**

*Source: 2003 U.S. Department of Health
and Human Services

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