

There's no time like now
to start losing weight
and feeling great!

Don't weight to feel great

Searching for a simple, effective approach to weight loss? The answer is here with **Don't Weight to Feel Great**, offered to you by Blue Cross and Blue Shield of Illinois.

This eight-week program teaches behavior modification strategies by providing you with informative handouts that also include links to Blue Access[®] for Members and resources at www.bcbsil.com. You'll learn about:

- Eating right
- Physical activity
- Stress management
- Reducing risk of chronic diseases
- Healthy snacking and strategies for dining out
- Other lifestyle changes for long-term success



**BlueCross BlueShield
of Illinois**

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