

# Less fat, more exercise

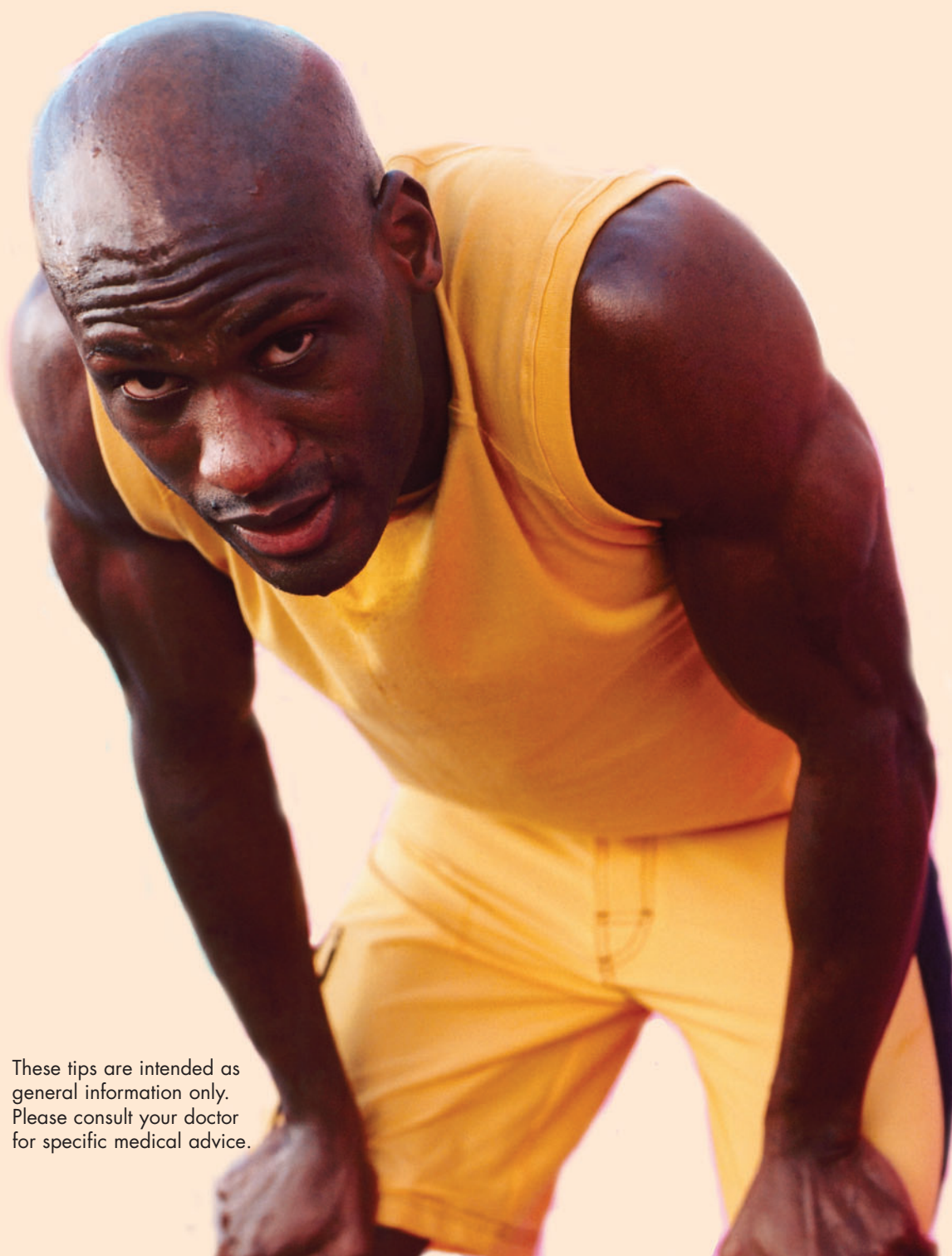


## Keys to fighting weight gain

Rather than starving or throwing yourself into a strenuous exercise routine, experts suggest that small modifications to your diet and routine may be better and more effective long term.

- Count fat grams, not calories
  - Cut down on your fat intake
  - Avoid fried foods
- Eat smaller meals later in the day
- Exercise regularly, which will increase your metabolism and burn calories

Visit [Blue Access®](http://BlueAccess.com)  
for Members at  
[www.bcbsil.com](http://www.bcbsil.com)  
for more information  
about managing weight  
gain.



These tips are intended as general information only. Please consult your doctor for specific medical advice.



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