

Keep obesity from gaining on you



With the right plan and attitude, you can lose weight

- **Choose healthy foods.** Such as fruits, grains, vegetables and lean sources of protein.
- **Increase physical activity.** Take the stairs, park further out in the parking lot, ride an exercise bike during TV shows or while talking on the phone, or walk during your lunch hour.
- **Set small goals.** Don't set expectations too high. Take small steps toward your goal and stick with your plan.
- **Track your progress.** Your doctor may recommend a food and activity diary to reinforce good habits and identify behaviors that may need to change.
- **Don't give up.** You may have setbacks along the way, but don't give up! Remember to motivate yourself with healthy rewards.

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



Losing excess pounds may reduce your risk of:

- High blood pressure
- Cardiovascular disease and stroke
- Diabetes
- Cancer
- Sleep apnea
- Osteoarthritis

Visit Blue Access® for Members at www.bcbsil.com for more information about weight loss.



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