

Health & Wellness Tip of the Week

Week 2
January 8, 2018

January is all about **Choosing Healthy Foods**
Today it's more important than ever to take an active role in your health care.



BlueCross BlueShield
of Texas

Take wellness to heart

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Know Your Limits for Healthy Weight

A calorie is simply a unit of energy you get from food. Everyone has their own calorie limit. Staying within yours can help keep you at a healthy weight. Take command of calories with these actions:

- Keep a food diary to track calories and be aware of what you eat or drink.
- Remember a calorie is a calorie, even if foods are fat-free.
- Increase physical activity and reduce calories to lose weight.

Solve the good health equation by counting your daily calories.

Source: Centers for Disease Control and Prevention

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