

Health & Wellness Tip of the Week

Week 35 August 27, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

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Make Healthy a Family Affair

Working together as a family to eat right, stay active and lower screen time makes for a healthy win for everyone.

Parents hold the key to get kids moving. Try walking instead of driving to a friend's house down the street. Then try walking a little farther – maybe to school or to the store. Plan your family outings around fun physical activities. There are lots of things to do like playing games in the park, bike riding or hiking through the woods.

Source: National Heart, Lung and Blood Institute

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