

Health & Wellness Tip of the Week

Week 44 October 29, 2018

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



BlueCross BlueShield
of Texas

Take wellness to heart

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Help your Family Skip the Results of Extra Calories this Season.

From Halloween treats to all the goodies that come along with the coming holidays, it's the season for parties and extra calories. October is a great time to work on health by making an action plan that works for the whole family.

Be active with your kids. Kids tend to want more time with their parents. Don't just send them out to play – go play with them. Walk the dog together, explore a local park, plan a family game night, shoot some hoops or do yard work and chores that call for being active.

Make it your family routine. Start by picking two 30-minute and two 60-minute time slots for family activities each week. Spread them out through the week – 60-minute slots are easier to plan on the weekend. Write them on a weekly calendar for the whole family.

Source: American Heart Association

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