

Health & Wellness Tip of the Week

Week 47
November 19, 2018

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



Take wellness to heart

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Member of the Blue Cross and Blue Shield Association.

Treading Lightly Through Food Season

It's food season from Halloween through New Year's. Tasty treats tempt us almost everywhere – at work, while grocery shopping, at holiday parties and at home.

It's not too late to avoid putting on those holiday pounds. Try these tips:

- A healthy breakfast helps prevent overeating later.
- Eat what's best for you first – fill half your plate with fresh fruit and veggies, leaving less room for the rest.
- Bring a healthy, but tasty, dish to a party.
- Avoid beverages high in calories and sugar.
- Focus on activities and spending time with family and friends – instead of food.
- If you fall off the diet wagon – get back on as quickly as possible!

Source: National Institutes of Health

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