

# Health & Wellness Tip of the Week

# Week 19 May 7, 2018

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



BlueCross BlueShield  
of Texas

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.

## Fight Childhood Obesity As A Family

Childhood obesity is on the rise. Today, one in five school - aged children are considered obese. May is National Fitness and Sports Month and a great time to develop routines to reduce or avoid obesity. Try these ideas to build family time and family fitness:

- Take a walk – together. Walking is a great low-impact exercise for almost everyone, and it can bring everyone together. After dinner is a great time. Bring the pets!
- Shake your two left feet. Even if your dancing skills leave something to be desired, dancing as a family is about getting hearts pumping and creating memories of good time together. Let the kids choose a playlist, then set a regular time. Feel free to be goofy!
- Monkey around the park. Take your kids to the local park and run, jump, go down the sides, and yes, try the monkey bars. Seeing you act like a kid can make your kids want to come back.

*Source: American Heart Association; Centers for Disease Control and Prevention*

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