

# BlueResource

From the Leader in Health Care Communication Solutions



## Healthy Tips



BlueCross BlueShield  
of Texas

Employees who make healthy behavioral changes—at any age—can return rewards in health and productivity. This could be good news for your business.

Many disease risk factors are controllable, especially when individuals adopt healthy habits. Employers can help by promoting prevention of illness and chronic disease, thus benefiting from the improvement of their employees' health.\* Since most employees spend nearly half of their waking time on the job, worksites are key venues for encouraging healthy behaviors.

Take a look at this edition of BlueResource—you'll find communications that provide practical, healthy tips, like:

- Choosing healthier fast food options
- Reducing calories
- Increasing physical activity
- Using sunscreen
- Turning off the TV
- Buckling up

Check out the messages and artwork. Copy for all PDFs is provided in Word doc format, and most files shown are available in both English and Spanish. Locate the files you want on the CD provided by your Blue Cross and Blue Shield of Texas Representative or at [bcbstx.com/employer](http://bcbstx.com/employer).

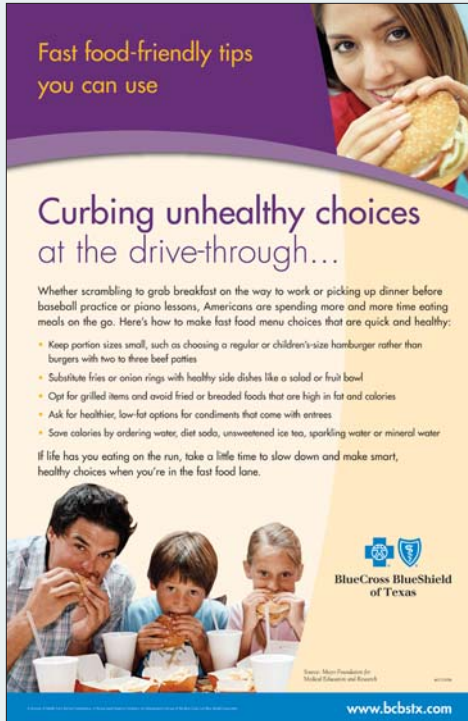
BlueResource files have been designed for you to use electronically, cut and paste copy from Word docs, or print from PDFs and distribute. It's your choice!

Be sure to keep each edition of BlueResource you receive. The theme of each booklet is different, and taken together, they offer a very useful collection of employee communications.

Would you like to co-brand these messages with your group's logo? Contact your BCBSTX Representative to have your logo added to the files and returned to you – ready to go! It's all part of our service to you—at no cost—because communications are key to your employees' health and improving plan utilization, which helps reduce health care costs for everyone.

\*Harvard Business Review, February 2006

Look for new and updated files at [bcbstx.com](http://bcbstx.com)



**Fast food-friendly tips you can use**

## Curbing unhealthy choices at the drive-through...

Whether scrambling to grab breakfast on the way to work or picking up dinner before baseball practice or piano lessons, Americans are spending more and more time eating meals on the go. Here's how to make fast food menu choices that are quick and healthy:

- Keep portion sizes small, such as choosing a regular or children's-size hamburger rather than burgers with two to three beef patties
- Substitute fries or onion rings with healthy side dishes like a salad or fruit bowl
- Opt for grilled items and avoid fried or breaded foods that are high in fat and calories
- Ask for healthier, low-fat options for condiments that come with entrees
- Save calories by ordering water, diet soda, unsweetened iced tea, sparkling water or mineral water

If life has you eating on the run, take a little time to slow down and make smart, healthy choices when you're in the fast food lane.

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[www.bcbstx.com](http://www.bcbstx.com)

**Fast Food Poster**  
46312.0706 - English  
46313.0706 - Spanish

## Tip!

Use BlueResource elements on your intranet site.

## Tip!

People who are usually inactive can improve their health by becoming moderately active on a regular basis. Consider scheduling walking breaks for your employees.



**You can burn extra calories every day**

## Learn to burn...

Did you know that studies show that only three in 10 adults get the recommended amount of physical activity? If you need to boost your physical activity, try incorporating some of these calorie-burning ideas into your day to help safeguard your health:

- Park further away at work or at the shopping mall
- Take the dog for a walk instead of letting him out in the backyard
- Take the stairs rather than the elevator
- Get involved in your kids' activities
- Strive for 30 minutes of physical activity, such as raking leaves or brisk walking, five or more days a week

It's the little extras that count. By burning extra calories every day, you'll be doing something very important for your health and your life.

**BlueCross BlueShield of Texas**

[www.bcbstx.com](http://www.bcbstx.com)

**Physical Activity Poster**  
46316.0706 - English  
46317.0706 - Spanish



**Smart snacks can be good for you...**

## Get your snacks on track

Were you taught as a kid to believe that snacking isn't okay? You'll be relieved to know that snacking can actually be good for you—as long as it's healthy and done in moderation. Try these yummy substitutions that are sure to be taste bud pleasers:

Instead of	Enjoy
Fried tortilla chips	Reduced sodium baked tortilla chips
Devil's food cake	Angel food cake
Ice cream bars	Frozen fruit bars
Pudding made from whole milk	Pudding made from skim milk
Doughnut	Bogel

Track down more smart snacking ideas from Blue Access® for Members at [www.bcbstx.com](http://www.bcbstx.com).

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[www.bcbstx.com](http://www.bcbstx.com)

**Smart Snacks Poster**  
46326.0706 - English  
46327.0706 - Spanish

## Tip!

Print and hang posters in employee break rooms.

Look for new and updated files at [bcbstx.com](http://bcbstx.com)

## Tip!

Request that your group's logo be added to the PDF files to create a co-branded campaign.



**Using sunscreen can help save your skin from harmful rays**

**It's the ultimate screen saver**

With all the sunscreen products available, it can be mind boggling to understand which one to choose. Consider these answers to your burning questions about sunscreen:

Q: Does the kind of sunscreen I use matter?  
 A: Whether lotion, gel or spray form, be sure to use one that blocks both UVA and UVB rays and offers at least Sun Protection Factor (SPF) 15.

Q: What does a sunscreen's SPF rating mean?  
 A: The SPF number indicates the product's effectiveness in offering protection from UV rays. Use higher SPF for more protection.

Q: Do sunscreens need to be reapplied during the course of a day?  
 A: Always follow the manufacturer's directions regarding reapplication, and still reapply frequently during peak sun hours or after swimming or sweating. For maximum effectiveness, apply sunscreen generously 20 to 30 minutes before going outside.

When used with other protective measures, sunscreen can shield your skin from sun-related damage and the dangers of skin cancer. It's a real lifesaver you'll want to keep on hand, and on your body.

BlueCross BlueShield of Texas

[www.bcbstx.com](http://www.bcbstx.com)

**Sunscreen Poster**  
 46318.0706 - English  
 46319.0706 - Spanish



**Turning off the TV means healthier families**

**Take a turn for the better**

Most kids get four to six hours of TV, computer or video games a day, a far cry from the one or two hours that experts recommend. Follow these limit-setting strategies to help your kid—and you—get the remote under control:

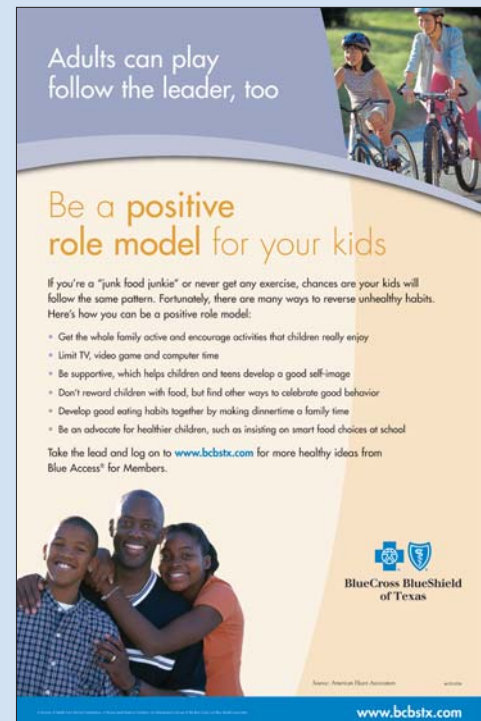
- Think of alternative activities, such as shooting some hoops, going on a walk or exploring a nearby park
- Be active with you kids—they'll love spending the time with you
- Remove televisions from bedrooms
- Plan which shows to watch, and don't just watch whatever comes on next
- Avoid using TV as a reward or punishment
- Set a good example by limiting your tube time

One good turn deserves another. Turn off the TV, get more active and help your family enjoy the health it deserves.

BlueCross BlueShield of Texas

[www.bcbstx.com](http://www.bcbstx.com)

**Turn Off The TV Poster**  
 46320.0706 - English  
 46321.0706 - Spanish



**Adults can play follow the leader, too**

**Be a positive role model for your kids**

If you're a "junk food junkie" or never get any exercise, chances are your kids will follow the same pattern. Fortunately, there are many ways to reverse unhealthy habits. Here's how you can be a positive role model:

- Get the whole family active and encourage activities that children really enjoy
- Limit TV, video game and computer time
- Be supportive, which helps children and teens develop a good self-image
- Don't reward children with food, but find other ways to celebrate good behavior
- Develop good eating habits together by making dinner time a family time
- Be an advocate for healthier children, such as insisting on smart food choices at school

Take the lead and log on to [www.bcbstx.com](http://www.bcbstx.com) for more healthy ideas from Blue Access<sup>SM</sup> for Members.

BlueCross BlueShield of Texas

[www.bcbstx.com](http://www.bcbstx.com)

**Role Models Poster**  
 46322.0706 - English  
 46323.0706 - Spanish

## Tip!

When you request co-branding, you'll receive a custom CD of artwork files that display your group's logo.



**Breakfast Poster**  
 46324.0706 - English  
 46325.0706 - Spanish



**100 Fewer Calories Poster**  
 46314.0706 - English  
 46315.0706 - Spanish

## Tip!

Research attributes the rise of obesity in the U.S. to one simple fact—we consume more calories than we use. Encourage your employees to choose bottled water instead of canned soda.



**Positive Outlook Poster**  
 46328.0706 - English  
 46329.0706 - Spanish

Posters are designed in an 11x17-inch format. To scale down to an 8.5 x 11 - inch format, use Adobe Acrobat (full version) and follow these steps:

- Select File, then Page Setup.
- Click on the Properties box, and select the Effects tab.
- Check the Print Document On box, then select Letter in the drop-down box, and check Scale to Fit. Click on OK.

Look for new and updated files at [bcbstx.com](http://bcbstx.com)



**We're not watering this down**



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[www.bcbstx.com](http://www.bcbstx.com)

**Drinking Water Paycheck Stuffer**  
 46330.0706 - English  
 46331.0706 - Spanish

... is important for your health. After all, water is your body's main component and makes up our weight.

**Need?** The Institute of Medicine advises that men consume roughly 13 cups of total beverages the cups a day. It's okay to consume other healthy beverages and foods that contain water to nt.

... find that water is the clear choice for keeping you hydrated and healthy.

[www.bcbstx.com](http://www.bcbstx.com)

Source: Merit Foundation for Medical Education and Research  
46330.0706



**This will give you a belt**



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[www.bcbstx.com](http://www.bcbstx.com)

**Buckle Up Paycheck Stuffer**  
 46334.0706 - English  
 46335.0706 - Spanish

...ople will die in traffic accidents each year because they didn't use seat belts. But using seat 00 lives in America every year. Seat belts are your best protection in a crash and help the bones of your hips, shoulders and chest—absorb the force.

... or lap portion of the lap/shoulder belt so it is low and snug across the pelvic area, never belt should cross the chest and collarbone and be snug. Never place it across the front of

...asy, and the three seconds it takes to put one on could save your life. safety under your belt by buckling up.

[www.bcbstx.com](http://www.bcbstx.com)

Source: National Highway Traffic Safety Administration  
46334.0706



**It's time to face the fat**



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[www.bcbstx.com](http://www.bcbstx.com)

**Healthy Fats Paycheck Stuffer**  
 46338.0706 - English  
 46339.0706 - Spanish

...h unhealthy fats in your diet, let's face it. Eating large amounts of high-fat foods will add excess gain and ultimately increase blood cholesterol levels and your risk of coronary artery disease.

...f fat or trans-fat and go with healthier options like monounsaturated and polyunsaturated fats. l and low-density lipoprotein (LDL) cholesterol in your blood. Some healthy sources of fat are d fatty, cold-water fish, such as salmon, mackerel and herring.

...fat. If you want to be healthier, your dietary fats need to be, too. our health information resource at Blue Access® for Members.

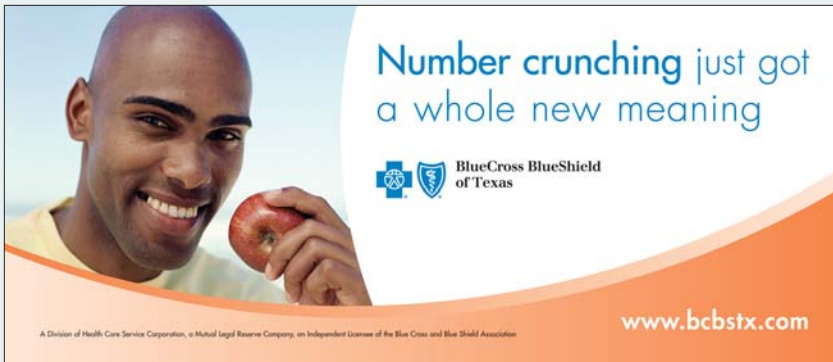
[www.bcbstx.com](http://www.bcbstx.com)

Source: Merit Foundation for Education and Research  
46338.0706


# Tip!

Planning to use paycheck stuffers electronically?

Crop marks can be eliminated in Adobe Acrobat (full version) by using the Crop Tool.



**Number crunching just got a whole new meaning**

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**Fruits and Vegetables Paycheck Stuffer**  
46332.0706 - English  
46333.0706 - Spanish

fruits and vegetables a day, it adds big benefits to your total health. Plants are packed with phytochemicals, and research shows that they can work to improve your health. You'll get lots of fruits from each color group, along with some essential vitamins and minerals that your

ble juice, slice some bananas or strawberries to top your breakfast cereal, or try including a fruits or veggies to dinner and you've up to five.

**nutrition choices count?** You can when you add a little something vegetables a day.

[www.bcbstx.com](http://www.bcbstx.com)

Source: Centers for Disease Control and Prevention  
46332.0706

[www.bcbstx.com](http://www.bcbstx.com)



**When's the last time you had a good read?**

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**Reading Food Labels Paycheck Stuffer**  
46336.0706 - English  
46337.0706 - Spanish

can provide important nutrition information to help you maintain a healthy diet. to get you started:

for information on serving size, calories, and nutrients at Daily Values (DV's) for 2,000- and 2,500-calorie diets and dietary information for fats, and number of servings in the food package considered low, 100 calories are moderate and 400 calories or more is high

when you read up on food labels, you'll be starting a new chapter

[www.bcbstx.com](http://www.bcbstx.com)

Source: Food and Drug Administration  
46336.0706

[www.bcbstx.com](http://www.bcbstx.com)



**Shopping for groceries tripping you up?**

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**Grocery Shopping Paycheck Stuffer**  
46340.0706 - English  
46341.0706 - Spanish

is to watch for each time you and your shopping cart careen through the grocery store aisles. What you may be loaded with sugar, fat and calories. Even some products that tout healthfulness may

**choice**, remember to consider vitamins and minerals as well as serving size and servings per in similar products and choose the lowest calorie ones. You can also reduce the time you spend g list and keeping a well-stocked kitchen with a supply of lower calorie basics.

grocery trip. A big success is in store when you stock up on these grocery cart smarts.

[www.bcbstx.com](http://www.bcbstx.com)

Source: National Heart, Lung and Blood Institute  
46340.0706

[www.bcbstx.com](http://www.bcbstx.com)



Look for new and updated files at [bcbstx.com](http://bcbstx.com)

## The Best of All Possible Worlds

*How to eat healthy when dining out at ethnic restaurants*

There's no shortage of ethnic restaurants to satisfy your taste buds. Whether Chinese, Italian or Mexican, different types of ethnic cuisine can offer you a tasty treat even if you are counting calories and fat. The key to healthy dining out at ethnic restaurants is to be menu-savvy.

For example, when choosing Chinese fare, look for options that are steamed, jum (poached), kow (roasted), shu (barbequed). Also, it's best to choose steamed rice or brown rice rather than

### Dining Out

46346.0706 - English  
46347.0706 - Spanish

## Add a Healthy Punch to Your Child's Lunch

Today's myriad of tempting fast food options makes it difficult to compete with your child's appetite. But you can fill the lunchbox or bag with enticing and nutritious foods and beverages, and also set a good example at home with healthy eating habits. Introducing a diet high in whole grains, fruits and vegetables with fast food in moderation can help parents to model good behaviors that children will use for the rest of their lives.

Lunch does not have to be limited to cold sandwiches. The more creative and flexible the choices, the easier it is to

### Children's Lunches

46348.0706 - English  
46350.0706 - Spanish

## Rise, Shine and Dine

*Busy people can eat breakfast, too*

Think that skipping breakfast can help you conserve on calories? Think again. Studies show that people who don't eat this important first meal of the day miss out on essential nutrients and are less able to be productive and focused. In fact, missing breakfast actually increases your hunger later on and makes you less able to control your urge to eat, ultimately leading to weight gain.

To make a healthy breakfast each day, choose one item from at least three of these four food groups: fruits and vegetables, grains, dairy and protein. For

### Breakfast

46351.07406 - English  
46352.0706 - Spanish

**Tip!** Integrate copy in your company's intranet site and existing materials, such as enrollment booklets and newsletters.

## Tip!

Integrate copy in your company's intranet site and existing materials, like enrollment booklets and newsletters.

## Actions Speak Louder Than Words

*Healthy kids start with positive role modeling*

It's not always what you say but what you do that gets kids' attention. Do you insist that they eat their green beans and not watch too much TV while you regularly chug down soda and "veg out" in front of the TV for hours? Kids watch what we do, so setting a positive example is an important action that parents can take to help children adopt healthy habits for a lifetime.

Here are some healthy routines you can model at home:

### Role Models

46353.0706 - English  
46354.0706 - Spanish

## Choose Your Battles Carefully

*The importance of fighting breast cancer with regular screenings*

Believe it or not, the best time to check for breast cancer is when your breasts feel fine. If cancer is found early, there's a much greater chance of survival. Three basic screening methods are used to look for breast cancer: mammograms, clinical breast exams\* and breast self-exams. Mammography is the best screening method widely available for early breast cancer detection. However, it is not perfect. But by regularly doing all the screening methods, there's a good chance that cancer will be caught early.

### Mammography

46355.0706 - English  
46356.0706 - Spanish

Look for new and updated files at [bcbstx.com](http://bcbstx.com)

front

## Make nutrition your ambition



**Good choices for a lifetime of health**

There are many different approaches to nutrition, such as low-carb, low-fat, and glycemic index, just to name a few. But it's hard to know who's the best strategy for feeling and looking your healthiest best. While a lot of these approaches can work, a good, old-fashioned balanced diet with thoughtful food choices is an easy way to make nutrients work in your favor. All you need are a few helpful ideas to incorporate into your daily lifestyle and you'll be well on your way to better health.

Set a goal today to make nutrition a top priority by making smart choices that can boost your vitality and longevity.

**Get a taste of health**

Cut out and carry this wallet-sized card and use it as an easy reference for healthy nutrition information and resources.

When you put good nutrition first, you'll be treating yourself to increased energy, improved mental alertness and optimal health.

**Nutrition tips**

**You have the power to make healthy nutrition choices every day. Remember these basic building blocks for taking care of your health:**

- Drink enough water each day
- Choose healthy snacks in 100-calorie or less servings
- Opt for healthy, low-fat meats or low-fat dairy products
- Use the recommended and personalized fat in your diet
- Check food labels for serving size/number of servings and nutritional content

**Resources for better nutrition**

Need easy, practical answers to your nutrition questions? Set your browser to Blue Access for Members at [www.bcbstx.com](http://www.bcbstx.com) and click on the Personal Health Manager link. It's a one-stop shopping approach to nutrition that's tailored just for you:

- Create healthy meal plans based on your specific calorie and food serving recommendations
- Ask registered dietitians for nutrition advice with Ask-A-Dietitian
- Access information on exercise, nutrition and lifestyle issues in the Fit Your Health section
- Get easy-to-use recipes for healthy snacks, lunches, and even office and holiday cooking

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**Nutrition Flyer**  
46342.0706 - English  
46343.0706 - Spanish

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## Healthy Choices | you can make each day



**Go with the grain**

Choose whole grains, which are higher in nutrition and fiber and lower in fat than refined grains, like white rice or white flour. A high-fiber diet can help lower your risk of heart disease, cancer, diabetes and other disorders related to your digestive system. Good choices include bran flakes, oatmeal, whole-wheat toast, wild rice or barley, whole-grain breads, kasha and whole-wheat tortillas.

**Wake up to breakfast**

When the alarm clock goes off, your body's alarm also signals the need for nourishment. Refuel in the morning with a wholesome breakfast that provides complex carbohydrates, protein and a small amount of fat—a combination that delays hunger symptoms for hours. Whether you opt for traditional fare, such as yogurt, whole-grain muffins or cereal, or less typical foods like leftover vegetable pizza or a fruit smoothie, you can get the nutrients and energy you need to start your day.

**Claim a healthy frame**

Calcium plays an important role in maintaining bone. Calcium alone cannot prevent or cure osteoporosis, but it is an important part of an overall prevention or treatment program. You can increase the amount of calcium in your diet by eating calcium-rich foods like low-fat milk, cheese, broccoli and others. Many foods are fortified with calcium and readily available and affordable.

**Shake the salt habit**

The average American consumes about six to 18 grams of salt daily. Your body actually needs only about 0.5 grams each day. Reducing the amount of sodium you consume may help you reduce or avoid high blood pressure. Reduce your salt intake by removing the salt shaker from the table, opting for low-sodium foods when eating out, using a salt substitute or other salt-free seasonings, and substituting fresh lemon juice to fish and vegetables.

**Make five your winning number**

Fruits and vegetables provide essential vitamins and minerals, fiber and other substances that are important for good health. To get your five a day, drink juice with breakfast or top your cereal with fruit, eat fruit or cancer sticks as a mid-morning snack, add a salad to your lunch, snack on a piece of fruit in the afternoon and include a vegetable at dinner.

Source: National Osteoporosis Foundation, Mayo Foundation for Education and Research, Centers for Disease Control and Prevention

[www.bcbstx.com](http://www.bcbstx.com)

**Tip!**  
Use handouts at health fairs or add to enrollment packets.

front

**Tip!**

Practice small steps to better health at your worksite—provide fruit instead of doughnuts or cookies during meetings.

## Small steps lead to big strides for your health...



**Little changes that make all the difference**

You don't have to make drastic changes to get on the road to better health. When you take small steps toward improvement in a variety of areas, such as nutrition, physical activity, safety and stress management, you can help increase your overall health and sense of well-being.

Old habits can be hard to break, but with practice and a positive attitude, you can adopt wise, new habits for a healthier lifestyle. You might even find that it's fun to think of creative, new ideas, especially when you see how they can pay off big when it comes to your health. So use your imagination, add some small steps to your life and get going on the fast track to better health.

**Small changes, big results**

Cut out and carry this wallet-sized card and use it as a quick reference for healthy lifestyle tips and resources.

When you make it a top priority to practice small steps every day, you'll feel more energized and take your lifestyle to a healthy, new level.

**Steps to get you started**

There's no need to do the small steps you can take toward achieving a healthier lifestyle. Here are some basic ideas to help you get started:

- Eat at least five fruits and vegetables a day
- Strive to keep a positive attitude and manage your stress
- Build up anytime you are in a vehicle
- Use sunscreen to protect your skin from harmful rays
- Avoid physical activity by parking further away at work or when shopping

**Resources for healthy lifestyle tips**

It's all waiting for you at Blue Access for Members when you log on to [www.bcbstx.com](http://www.bcbstx.com) and follow the link to the Personal Health Manager. Visit regularly to take charge of your health with up-to-date resources and help you care best:


- Complete a health risk assessment to evaluate your personal health status
- Receive help in managing stress, workplace conflicts and other issues with Ask-A-Coach
- Set up a personal health record to keep track of and manage health information within one secure Web location
- Access online health content, including webinars, healthy tools and interactive tutorials

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**Simple Steps Flyer**  
46344.0706 - English  
46345.0706 - Spanish

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## 25 Steps | for better health



Here's another healthy step for you. Log on to Blue Access® for Members at [www.bcbstx.com](http://www.bcbstx.com) to get more tips and info on enriching your health, life and well-being.

- Eat more fiber by adding canned beans or a few nuts to your salad
- Clean out your medicine cabinet and check expiration dates every six months
- Change the batteries on your smoke alarms each spring and fall
- Avoid eating in front of the TV
- Use spices and seasonings instead of salt
- When you're stressed, smile and take a few deep breaths
- Wear a protective helmet and pads when biking or roller-skating
- Watch your portion sizes
- Limit eating white foods—bagels, potatoes, breads, pasta and rice
- Take the stairs instead of the elevator or escalator
- Go on walks with your family or friends
- Strive to get eight hours of sleep each day
- Find time to relax
- Drink water
- Eat fruits and vegetables at each meal
- Floss your teeth each day
- Invite your coworkers to join you for walks during your breaks
- Wash your hands
- Kick a soccer ball around with your kids
- Make a note on your calendar to change your toothbrush every three months
- Pack your own healthy lunch to control portion sizes and healthy choices
- Eat only while sitting at a table
- Participate in walks, runs, health screenings and other stress events in your community
- Keep low-calorie snacks on hand—corns, apples, pretzels or nonfat popcorn
- Stop smoking

Source: multiple.gov

[www.bcbstx.com](http://www.bcbstx.com)

Look for new and updated files at [bcbstx.com](http://bcbstx.com)

## The Importance of Using Sunscreen

Red alert! If you regularly soak up the sun's rays without proper protection, you could be setting yourself up for serious damage to your skin. And we've all heard about the potential dangers of skin cancer. If you're beyond the pale when it comes to using sunscreen, keep these tips in mind:

- Always use a sunscreen with SPF 15 or higher
- Use at least one ounce to cover your arms, legs, neck and face
- Protect your lips by using sunscreen lip balm

### Sunscreen

46357.0706 - English  
46358.0706 - Spanish

## Making Nutritious Fast Food Choices

You're on the run and starving, and the triple meat cheeseburger and super-size fries are clamoring for your attention. While it's okay to occasionally indulge yourself in this caloric creation, there are ways to cure the desire for unhealthy fast food choices.

Try these great ideas to help you drive down fat and calories at the drive-through:

- Pass on the "value-size"—the size of your fries isn't the only thing that gets bigger

### Fast Food

46359.0706 - English  
46360.0706 - Spanish

## Making Physical Activity a Priority

A growing body of evidence reveals that Americans' bodies are growing—nearly 60 million are considered to be obese. Lack of physical activity is a big reason why.

If your "get up and go" has fizzled out, here are some easy ways to fit in activity several times a day:

- Do housework yourself instead of hiring someone else to do it
- Stand up while talking on the phone
- Keep exercise equipment repaired and use it

### Physical Activity

46361.0706 - English  
46362.0706 - Spanish

**Tip!** Send a series of e-mail messages to encourage your employees to make healthy choices.

## The Facts on Reading Food Labels

Are you label-conscious? Many of us pay more attention to the designer labels on our clothes and accessories than we do food labels. But reading labels can help you make wise food choices.

Most packaged foods in the grocery store list nutrition information on the package in a section called "Nutrition Facts." The information on the left side of the label provides total amounts of different nutrients per serving. Choose your food wisely by checking the total amounts for:

- Calories
- Total fat

### Food Labels

46363.0706 - English  
46364.0706 - Spanish

## Tip!

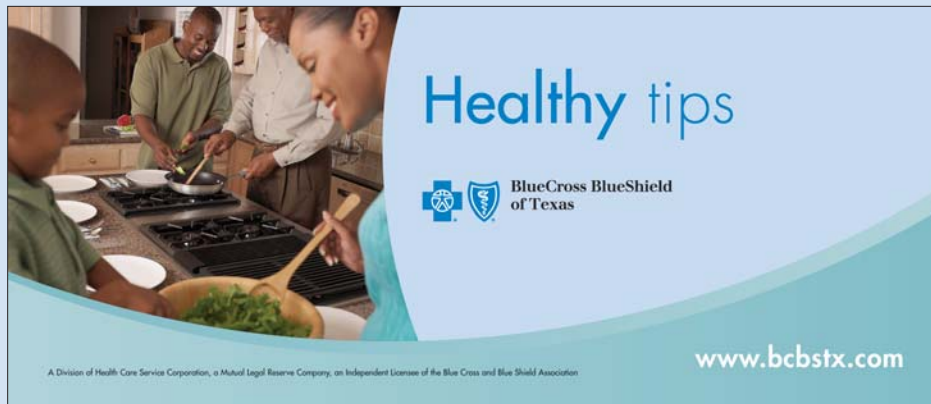
Use copy provided to create messages specifically for your employees.

## Tips on Turning off the TV

Think good health is only a remote possibility? Not when you put down the TV remote—and find ways to be more active. Turning off the TV is a great way to improve the health of you and your family. Watching less TV can also help you eat less since many of us munch while gazing at our favorite shows. And many TV ads even push a diet that's exactly opposite of what doctors recommend. For instance, a recent study at Tufts University found that families who had their TVs on during mealtimes consumed more processed meats, salt, soda and quick-preparation foods and fewer fruits and vegetables. And don't

### Turn Off The TV

46365.0706 - English  
46366.0706 - Spanish



### Healthy Tips E-mail Banner

46367.0706- English

46368.0706 - Spanish

## Tip!

Enhance your employee e-mail messages by including e-mail banners. In your e-mail program's menu, select either Create or Insert, then click on Picture. Find file 46367.0706 on your BlueResource CD, and click on Import or OK.





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