



Blueprints to Health Member Health Partnerships Winter 2009

New Year's resolution recharge

Most of us have promised ourselves to be healthier in 2009. But if you've already started to forget about your New year's resolutions, here are some ways you can get back on track and maintain them all year long.

Slim down and shape up

Losing weight is one of the most common and elusive goals that people set. To take the pounds off safely and for good, consider these strategies.

- + **Set small specific goals.** Instead of saying, "I'm going to lose 20 pounds," decide that you'll be more active every day of the week.
- + **Talk with your doctor or a dietitian** about a healthy weight and calorie plan for your size and age.
- + **Sneak in more physical activity.** Use the stairs, park your car a block or two away, or take dance lessons.
- + **Watch for triggers** that cause you to overeat, such as being lonely, sad, bored or stressed
- + **Veg out.** Fill half your plate with vegetables. That's about 2 cups of cooked vegetables or salad.
- + **Go with the grain.** Fill the last quarter of your plate (about 1/3 cup) with grains or starches, such as brown or wild rice.
- + **Use smaller plates.** Nine-ounce size dishes, for example, may make your portions seem bigger and help you feel more satisfied
- + **Get a doggie bag.** If you eat out, cut your meal portion in half and bring it home for another meal. And ask to substitute a salad for fries.

Watch what's on your plate

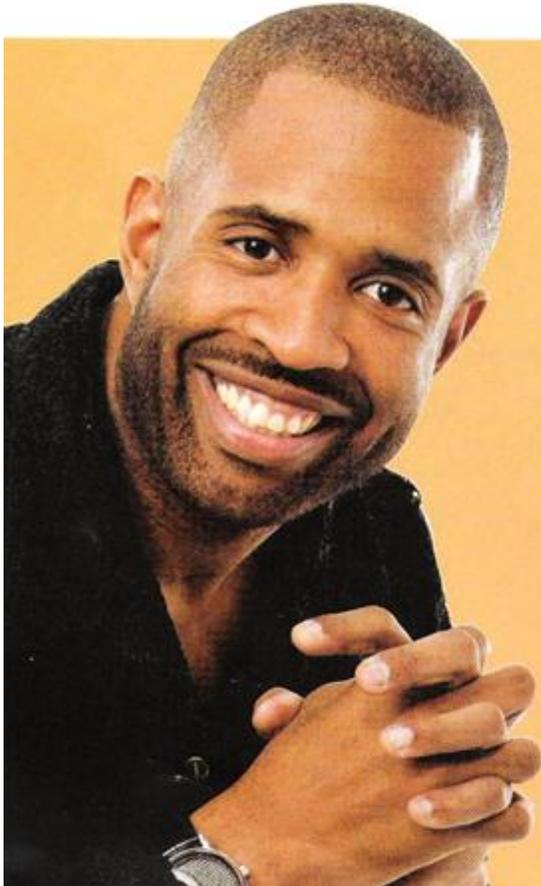
If one of your resolutions was to eat healthier, then good for you. Paying attention to your portions and eating a wide variety of foods are two great ways to get started. Here are some tips for a healthier dinner plate.

- + **Think protein.** Only a quarter of your plate should contain meat, fish or poultry. That's about 4 ounces or a serving the size of your palm.

Get moving and earn rewards in 30 minutes a day

Just 30 minutes a day of physical activity earns you points toward rewards through Blue Points.SM You can also earn points by participating in specific wellness activities. Go to bcbsnc.com and click on "Members," then "Rewards and Discounts."

Rewards For You



5 tips for change from one of TV's Biggest Losers

Speaking from experience, Ken Canion wants you to get inspired, get motivated and get moving this year. As a former contestant on NBC-TV's *The Biggest Loser* and a motivational speaker, he knows what it takes to stick with healthy changes. Whether you want to lose weight or simply be healthier, he offers these five steps to help you transform your life.

- 1 Tell yourself, "I must, I can and I will change my life" daily.
- 2 Take small steps toward your goal every day.
- 3 Try to learn from people who have accomplished a similar goal.
- 4 Create a plan that works with your lifestyle.
- 5 Realize that you aren't going to be perfect. If you mess up, get back on track quickly so that you won't fall into your old habits.