



Slim down year-round



It's a new year, and like many of us, you may have weight loss on your list of resolutions.

You can achieve weight loss beyond that first month or two of the year by incorporating lifestyle changes.

The tried and true formula of eating fewer calories and burning more calories with physical activity is your ticket to successful weight loss. And remember that a reasonable rate of weight loss is a pound or two each week.

Make this your best year ever by adopting these key behaviors of successful losers:

- Make time for physical activity each day
- Reduce calorie and fat intake
- Weigh yourself regularly
- Eat regular meals, including breakfast
- Don't let small slips turn into large weight regain

Source: U.S. Department of Agriculture; The National Weight Control Registry

January 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Most people who keep track of their behaviors are more likely to take off weight and keep it off.

Use weight loss tracking logs, customized menus and fitness plans — all available to you from the Personal Health Manager at Blue Access® for Members. With helpful online tools and resources, you can keep weight loss in gear all year!