

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 limit to 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
- Buckle up anytime you are in a vehicle
- Use sunscreen to protect your skin from harmful rays
- Boost physical activity by parking further away at work or when shopping



BlueCross BlueShield
of Texas



TRS-ActiveCare

TEACHER RETIREMENT SYSTEM OF TEXAS

25 Steps | *for better health*



Here's another healthy step for you. Log on to Blue Access® for Members at 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 fitness events in your community
 - Keep low-calorie snacks on hand—carrots, apples, pretzels or nonfat popcorn
- Stop smoking

Source: smallsteps.gov

Resources for healthy lifestyle tips

It's all waiting for you at Blue Access for Members when you log on to 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 tools you can trust:

- Complete a health risk assessment to evaluate your personal health status
- Receive help in managing stress, workplace conflicts and other issues with Ask a Life 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 wellness tracking tools and interactive tutorials

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

www.bcbstx.com