

## January: Weight Loss



### Get the 4-1-1 on weight-loss programs

Safe and effective weight-loss programs encourage healthy, balanced eating plans paired with regular physical activity. Plus, these programs should be tailored to your individual needs. When choosing a weight-loss program, look for one that includes:

- Healthy eating plans that reduce calories but do not restrict foods
- Tips to increase moderate-intensity physical activity
- Tips on healthy behavior changes that incorporate your cultural needs
- Slow and steady weight loss (experts recommend losing weight at a rate of one-half to two pounds per week)
- Medical supervision if you are planning to lose weight by following a special formula diet or one that is extremely low in calories
- A maintenance plan to help you keep the weight off

Source: National Institute of Diabetes and Digestive and Kidney Diseases

Tip of the week brought to you by:

The Prairie View A&M University Office of Human Resources, Blue Cross Blue Shield of Texas, & the PV Pathway to Wellness Initiative, join us on the journey!

A promotional banner for Blue Cross Blue Shield of Texas. The left side shows a group of diverse people (a woman, a man, and a child) in a kitchen, smiling and cooking together. The right side has a light blue background with the text 'Healthy tips' in a large, blue, sans-serif font. Below this is the Blue Cross Blue Shield of Texas logo, which includes a blue cross and shield icon and the text 'BlueCross BlueShield of Texas'. At the bottom right, the website address 'www.bcbstx.com' is displayed. At the bottom left, there is a small line of text: 'A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association'.