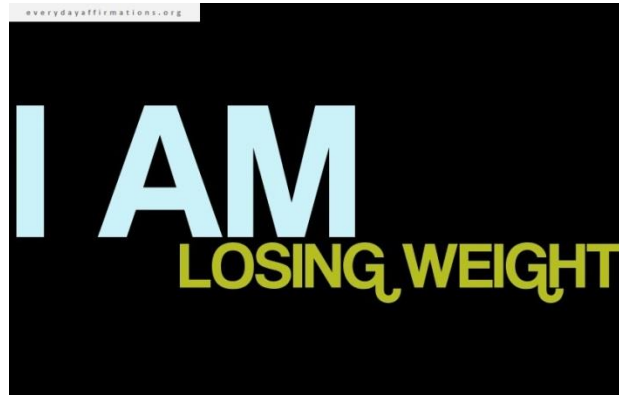


January: Weight Loss



Week 4:

Weigh in on weight loss

Choosing a weight-loss program can be a difficult task. That's why it is important that you talk with your doctor and agree on a plan that is best suited for you. Questions to ask your doctor include:

- Do I need to lose weight? Or, should I just avoid gaining more?
- Is my weight affecting my health?
- Could a weight-loss program help my health?
- What should my weight-loss goal be?
- What kinds of physical activity are best for me?
- Could my excess weight be caused by a medical condition, such as hypothyroidism, or by a medicine I am taking?

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 graphic for 'Healthy tips' from BlueCross BlueShield of Texas. The left side features a photograph of a diverse group of people (a woman, a man, and a child) in a kitchen, smiling and preparing food 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 BlueCross BlueShield of Texas logo, which consists of a blue cross and a blue shield with a white cross inside. The text 'BlueCross BlueShield of Texas' is to the right of the logo. At the bottom right, the website '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'.