

CHEERS TO YOUR HEALTH.



With so many demands during the holidays, fitness and health sometimes take a back seat to preparing meals, party planning and shopping. Here are some simple tips to keep your holidays healthy:

Find creative ways to exercise—Take the stairs. Park far away. Go for a long walk with relatives. Slip on your sneakers and go speed shopping.

Prepare healthy holiday meals—Mix in low-fat yogurt in creamy dressings to cut down on saturated fat. Substitute chopped veggies for some of the bread in your stuffing. *Source: American Heart Association*

Provide healthy choices—Remember your guest's special health concerns, like Uncle Bob's high blood pressure and diabetes, and Aunt Millie's high cholesterol, and provide healthy foods low in salt and saturated fat, as well as a low sugar alternative to traditional holiday desserts.

Helping you stay healthy is part of our mission at Blue Cross and Blue Shield of Florida. For more health information, visit www.bcbsfl.com.



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