

LOSERS R WINNERS Health Improvement Challenge

Congratulations! You did it! You should feel proud of yourself for sticking with the program, and we hope you're encouraged to continue it on your own. This program focused on getting you moving and putting together a healthy meal plan for the entire day. You faced some tough challenges, but we hope you were able to change some of your daily unhealthy habits and replace them with new, healthy habits that will help improve your well-being.

We are pleased to announce that over the course of the eight-week program, _____ minutes of exercise were logged and a total of _____ fruits and _____ vegetables were consumed by all participants. Also, _____ pounds were lost and _____ inches were lost. That is a huge accomplishment! These numbers were taken from the logs you completed and turned in throughout the program.

Tracking your information regarding nutrition and exercise is important; it becomes an awareness tool to help you make lasting changes for healthy living. We encourage you to continue to log your information so that each day you can look back and find ways to make small, healthy changes in your daily lifestyle.

Tips for tracking your health habits:

- Commit to tracking your health habits every day in a journal. Reflect on each day's entries.
- Try to keep your journal with you at all times. That way, you can track things throughout the day, so you won't forget.
- Don't forget to jot down your thoughts and feelings throughout the day; this may help you see why you make certain choices.

This program gave you the tools to make healthy changes in your life. We encourage you to continue on your way to a healthier lifestyle and becoming even more of a Winner than you already are!

Congratulations!

In good health,

We're here for you every step of the way.

Independence Blue Cross is an independent licensee of the Blue Cross and Blue Shield Association.
2010-0287 09/10



www.ibx.com