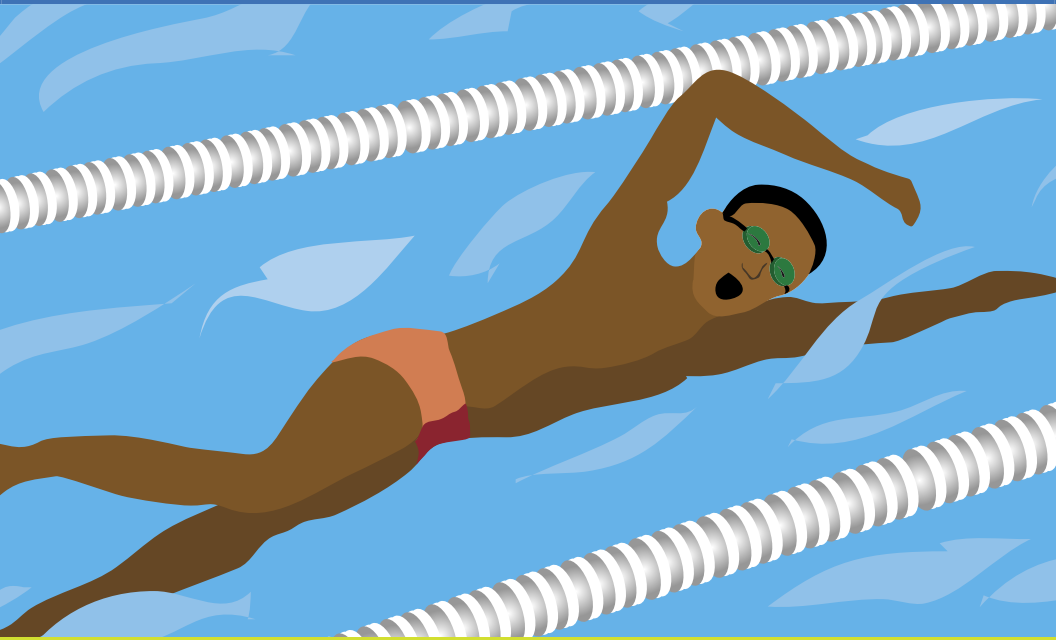


# To Your Health



## Health Diary

*Your journal for a healthy lifestyle*



**Blue Care  
Network  
of Michigan**

A nonprofit corporation and independent licensee  
of the Blue Cross and Blue Shield Association

## How to use this diary

There are many ways to achieve and maintain a healthy lifestyle. Exercising, eating right and drinking water every day are three important ways you can get yourself on the right track.

This diary includes tips on how to get started and will help you log your process. The goal is to incorporate these healthy behaviors into your daily routine so they become healthy habits.

### Goal 1: Drink more water

For adults and teens, try to drink 10-12 cups of water each day. Incorporate foods that have high water content into your diet. Experts recommend eating fruit for its vitamins, nutrients and juice content **INSTEAD** of drinking fruit juice, which often contains high amounts of sugar.

Foods having 80 to 90 percent water content include:

- Apples
- Celery
- Milk
- Watermelon
- Broccoli
- Cooked cereals
- Oranges
- Carrots
- Iceberg lettuce
- Radishes

Continue to drink water each day. Keep track of the number of glasses you drink. (Don't forget to count food that has high water content.)

### Goal 2: Get physical activity each day

Get at least 30 minutes of physical activity each day. Write in the number of minutes you exercise each day. You can break up the time and do 10 minutes three times a day. Find ways to incorporate physical activity into your life such as:

- Use the stairs instead of the elevator.
- Don't park closest to the door at work or at malls.

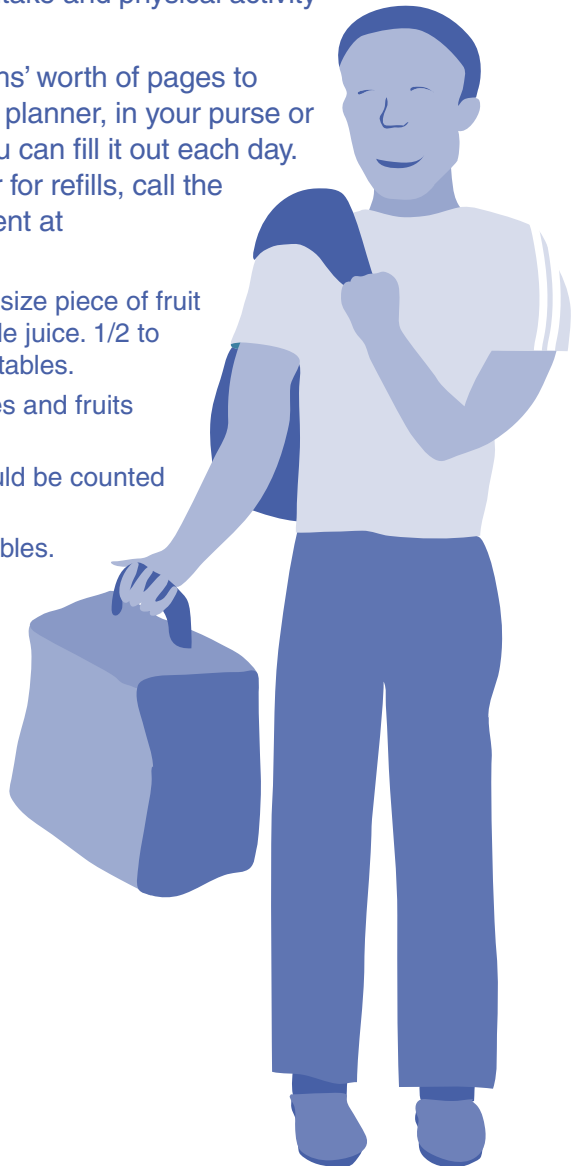
### Goal 3: Eat at least five servings of fruit and vegetables every day.

Enjoy plenty of fruits and vegetables. If you are watching your weight, these foods will give you vitamins, minerals and fiber with few calories. Be sure to include sources rich in vitamin C and vitamin A. Check the labels for sodium content of canned vegetables.

Continue to record water intake and physical activity each day.

We've given you four months' worth of pages to start. Keep your log in your planner, in your purse or near your nightstand so you can fill it out each day. Make copies as needed, or for refills, call the Health Education department at 1-800-637-2972.

- **Serving size:** 1 medium-size piece of fruit or 1/2 cup fruit or vegetable juice. 1/2 to 1 cup cooked or raw vegetables.
- Choose from all vegetables and fruits except coconut.
- Olives and avocados should be counted as fats.
- Be wary of starchy vegetables.











# Blues resources

## **BCN Customer Service**

1-800-662-6667

## **BlueHealthConnection®**

Health Education line 1-800-637-2972

Disease Management 1-800-392-4247

## **Quit the Nic**

1-800-811-1764

## **Weigh to Go**

1-248-475-4880 (MIHE)

[www.MiBCN.com](http://www.MiBCN.com)