



Blue Care
Network
of Michigan

Here are health tips you can use on your intranet site or in employee memos,
e-mails or newsletters.

Get nutrition, health, fitness and relaxation tips by taking your BCN Health Risk
Appraisal on MiBCN.com/member and visiting MiBCN.com/natblue.

february



fitness tip

Set limits on TV, video games and computers. Instead, find fun physical activities for yourself and your family. It can be as simple as going for a walk, going sledding or building a snow man.



nutrition tip

Certain fats can be good for you. Extra virgin olive oil keeps the bad cholesterol from sticking to artery walls. Try some on cooked vegetables or on rice. On salad, olive oil has another benefit. It helps the body absorb valuable nutrients that can help prevent heart disease and cancer.



relaxation tip

Commuting getting you frazzled? Allow extra travel time to avoid a tight schedule and being rushed. If you get stuck in traffic, keep yourself busy. Listen to a book on tape or a music CD you enjoy. Do relaxation exercises, such as deep breathing or flexing your muscles.



health tip

Have your doctor check your cholesterol and blood pressure to find out if it's within a healthy range. If not, he or she can help you develop a plan to improve it.