



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.

September



fitness tip

The hardest part of beginning to exercise is sticking with it. Here are some tips to keep you from dropping out:

- Choose an activity that you enjoy.
- Find a partner to make it more fun.
- Vary your routine to avoid burnout.
- Don't get discouraged or give up. It can take weeks before you notice weight loss or other desired changes.



nutrition tip

When increasing fiber in your diet, do it gradually. This will lessen the increase of gas. Also make sure you increase the amount of water you drink.



relaxation tip

Helping others may help relieve stress and give you a feeling of satisfaction.



health tip

Prostate cancer is the second most common type of cancer in men, after lung cancer. Discuss prostate screening with your doctor if you are 50 or older, (45 or older if you are African-American), or have a family history of prostate cancer.

See BCN's *Guidelines for Good Health* to see how often at MiBCN.com/guidelines.