

nothing spells
health
like
H₂O

Spread a
healthy living
message
to everyone
you know

dance
to your health's delight

**PROTECT
THE SKIN
YOU'RE IN**

Quitting saves
more than one life

zzzzz
*you never
lose
when you
snooze*
zzzzz

**eat
more**
to gain
less

Improve your health
one step
at a time

**BE SURE
TO EAT THE
WHOLE
(GRAIN) THING**

Pass me
MyPlate,
please!

wash
**rinse
repeat**
now, let's eat!

*Flu
prevention
isn't
seasonal*

Let gardening
grow
on you

**fruits
+
veggies**
the original
fast food

**TUNE OUT
TO
TUNE IN**

how many
calories
do you think
you drink?

work
on
your
balancing
act

let
music
be your
personal
trainer

52 hints to stay healthy

warm up
to getting
in shape

**PLAN FOR
WEIGHT-LOSS
SUCCESS**

lead
by example

A **muscle**
is a terrible
thing to waste

We've put together 52 hints for each week of the year. The goal? To educate and inspire healthier choices. Feel free to mix and match or use the hints with your own health campaign. It's entirely up to you! Click the links below.

*Take risks
with your recipes
not your
health*

Are you making time
for good health?

Don't make
excuses.
Get moving!

1
checkup a year
can mean a lifetime

[Hints 1-13](#)

[Hints 14-26](#)

[Hints 27-39](#)

[Hints 40-52](#)

eating out
doesn't have
to be a
b·u·s·t

take your time to
de-stress

[Download all 52 hints](#)

Anthem BlueCross BlueShield

**KEEP YOUR
HEART
BEATING
STRONG**

easy
doesn't have to be
greasy

**Sweating
with friends
is more fun**

get
active
**stay
young**

~~~~~  
*Don't overdo  
your barbecue*  
~~~~~

**Take the
(high blood)
pressure off**

use your plate
as a
canvas

SHAKE
THE SALT HABIT

*Beware
fitness
myths!*

fruit:
nature's
candy

*Variety
is the
spice
of life*

**SHED YOUR RISK
FOR DIABETES**

PUT YOUR

INTO IT

**COMBAT
CHOLESTEROL**

help
your kids
do as you
do

*See
your way to
a brighter
future*

You don't
need a
whole paycheck
for a
wholesome meal

does
your
BMI
add up?

**BURN,
BABY,
BURN!**

Fight
breast cancer
**before it
starts**

planning
for
BABY

celebrate
in moderation

Not smoking
is an essential
part of a
**heart-healthy
lifestyle**

...
to ER
or
not
to ER
...

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