



Blue Cross[®] Virtual Well-Being

Live Cooking Demo of Simple, Heart-healthy Meals



The information in this session is for educational purposes and not meant to replace the advice of your physician or provide diagnosis or treatment. Consult with your doctor if you have questions or concerns.

The webinar will begin at noon



“To eat is a necessity, but to eat intelligently is an art.”

— *François de la Rochefoucauld*

The webinar will begin at noon

“Cooking and baking is both physical and mental therapy.”

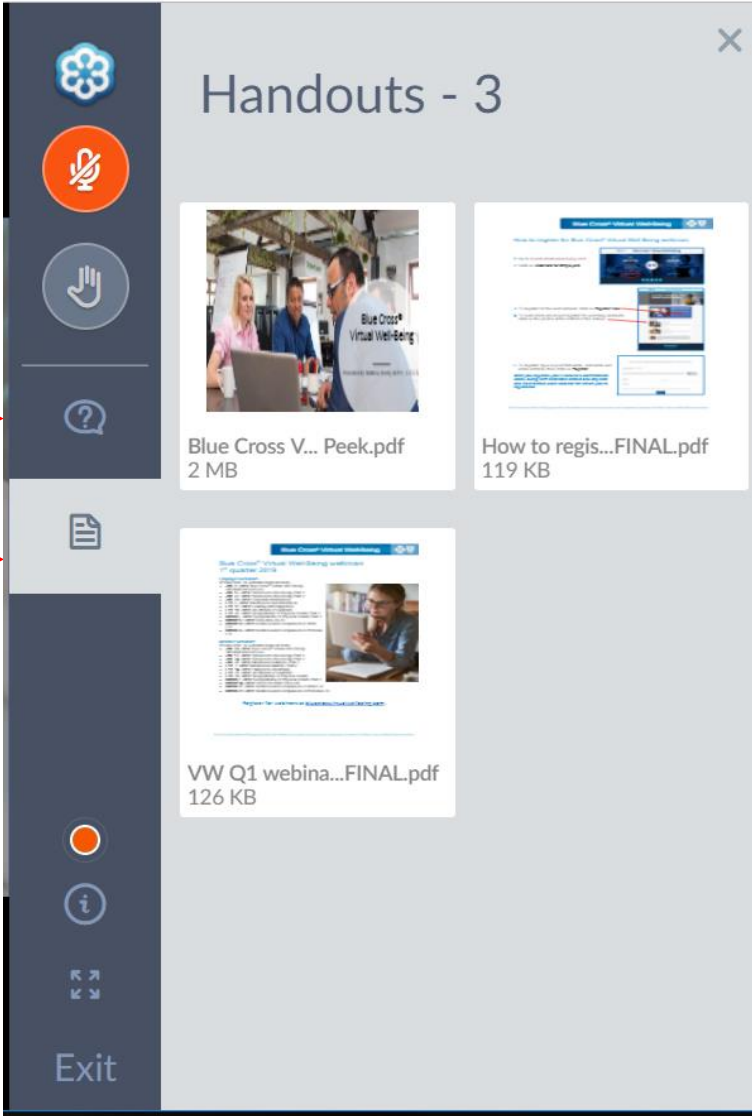
— *Chef Mary Berry*



The webinar will begin at noon

Submit a question or comment using the **Question** feature.

Download slides or handouts using the **Handout** feature.



Handouts - 3

Blue Cross V... Peek.pdf
2 MB

How to regis...FINAL.pdf
119 KB

VW Q1 webina...FINAL.pdf
126 KB

Exit

The webinar will begin at noon



“Cooking with kids is not just about ingredients, recipes, and cooking. It’s about harnessing imagination, empowerment and creativity.”

— *Chef Guy Fieri*

The webinar will begin at noon

“It's difficult to think anything but pleasant thoughts while eating a homegrown tomato.”
— *Lewis Gizzard*



The webinar will begin at noon



Two Minute Relaxing Snowfall Meditation

Wednesday, Feb. 10, 2021

12 to 12:02 p.m. Eastern time

Join before noon to participate.



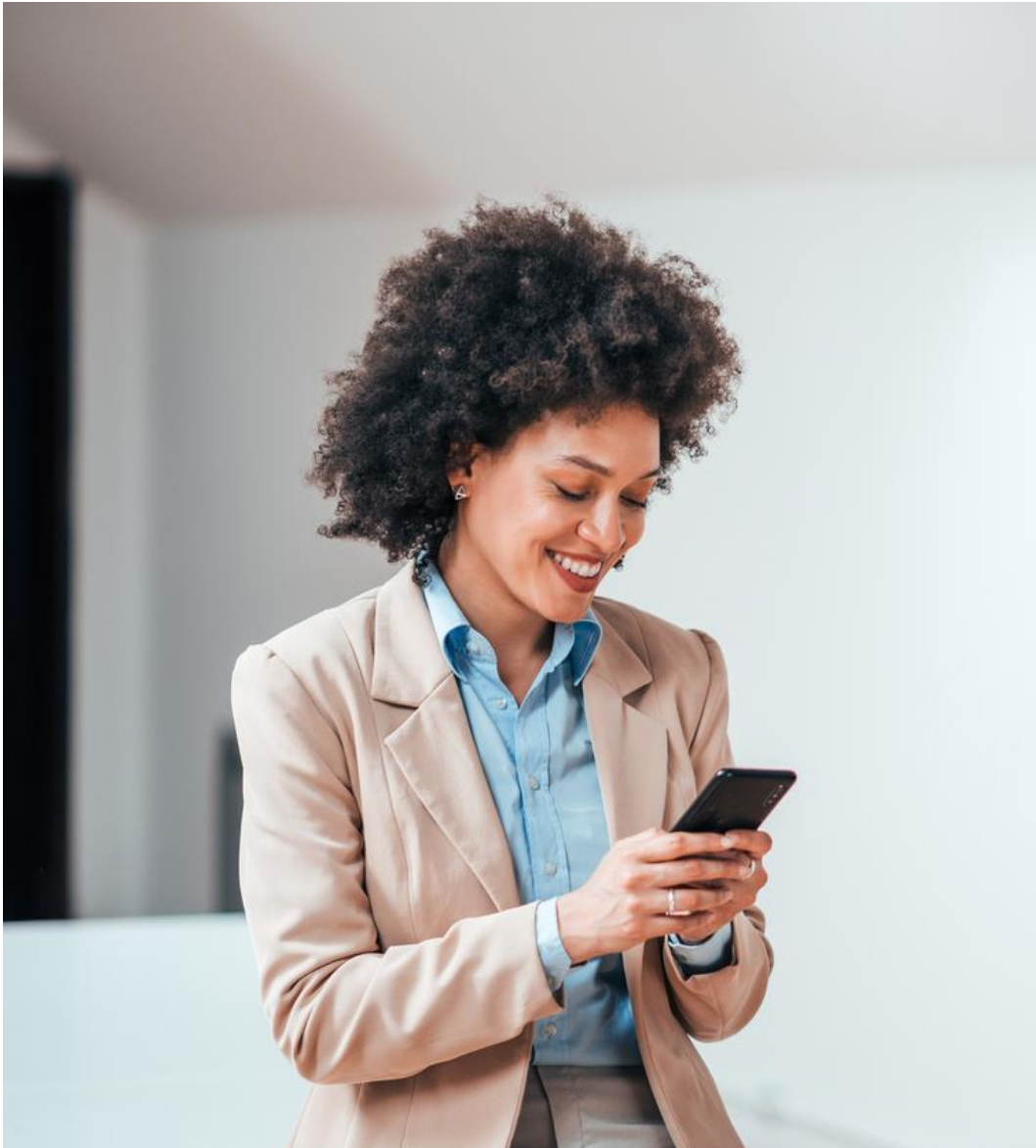
Buddy Workouts for Valentine's Day

Thursday, Feb. 11, 2021

12 to 12:45 p.m. Eastern time

Meditations are also available on demand at bluecrossvirtualwellbeing.com.

Receive weekly registration reminders



Text **MOTIVATE** to **222764**.

Message and data rates may apply. Visit bcbsm.com for our *Terms and Conditions of Use* and *Privacy Practices*.



Blue Cross[®] Virtual Well-Being

Live Cooking Demo of Simple, Heart-healthy Meals



The information in this session is for educational purposes and not meant to replace the advice of your physician or provide diagnosis or treatment. Consult with your doctor if you have questions or concerns.

- Hummus by Marissa
- Homemade Chicken Patties by Madie
- Sweet Potato and Kale Hash by Melissa
- Stuffed Peppers by Angie



Drop 5 to Start '21

If you have a question during the presentation, use the Question box.

Check in with us using the Question box.

- Let us know if you have lost weight.
- What is your nonscale victory this week?

Tip of the week: Move while you cook.

- Squats
- Calf raises
- Pushups against the counter
- Dance



Drop 5 participants who lost 5+ pounds

Drop 5 of COVID-19

- Karen B.
- Robin B.
- Kim D.
- Jodi H.
- Melinda W.
- Karen K.
- Lisa B.
- Michelle K.
- Anne K.
- Michelle L.
- Marge P.
- Danielle G.
- Joan G.
- Susan L.
- Jacqueline S.
- Amanda G.
- Meghan L.

- Debra O.
- Gordon S.
- Lisa C.
- Christina S.
- Betsy S.
- Valorie V.
- Veronica W.
- Jennifer S.
- Cindy K.

Reported After Jan. 1

- Julie B.
- Melanie H.
- Susan L.
- Rob M.
- Katina B.
- Geena S.

Drop 5 to Start '21

- Nancy S.
- Diane T.
- Pamela Q.
- Amy L.
- Lynne H.
- Kim P.
- Tracy A.
- Kristen B.
- Catherine F.
- Sherry L.
- Michelle M.
- Cheryl R.
- Toni E.
- Maureen F.
- Your name here! 😊

Nonscale victories from last week:

- I started walking daily in October and have, as of yesterday, closed my Apple Watch circles every day for 121 days. That means at least 35 minutes of mindful activity everyday.
- My nonscale victory is that in an extremely stressful week, I haven't been comfort-eating and haven't gained anything.
- I gave up all sweets for 21 days!
- I scheduled and completed my annual preventive doctor appointment.
- I prioritized attending these sessions 4 weeks in a row!
- I am asking myself before I eat if I am HALT (hungry, angry, lonely, tired) before I make my food choices.

February well-being challenges

Pick your own monthly challenge – or try all three! Let us know how you're doing in the Questions section.



Send a letter of kindness to someone to let them know how much you care about them.



Increase the steps you take each day. Try to walk 10,000 steps daily.



Have a salad five times during the week. Be creative!

For more information

- Virtual Well-Being site:
bluecrossvirtualwellbeing.com
- Virtual Well-Being email:
BlueCrossVirtualWell-Being@bcbsm.com

