



# Blue Cross Virtual Well-Being<sup>SM</sup> and the Drop 5 Virtual Weight-Loss Community

## Healthy Habits 4-Week Challenge



# The webinar will begin at noon

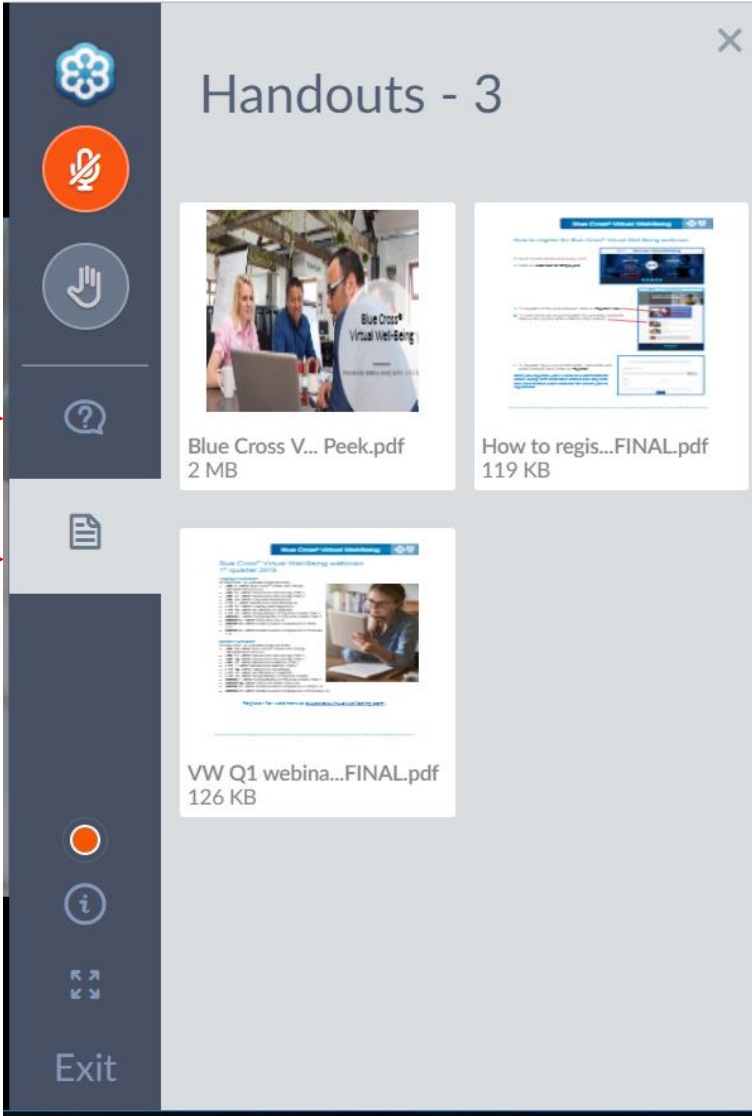


Create healthy habits  
instead of restrictions.

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

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Handouts - 3

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Exit

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Drink more water.





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**Three-Minute Meditation: Relaxed Breathing**  
Wednesday, Jan. 12, 2022  
12 p.m. Eastern time



**Kinstugi**  
Thursday, Jan. 13, 2022  
12 to 12:30 p.m. Eastern time

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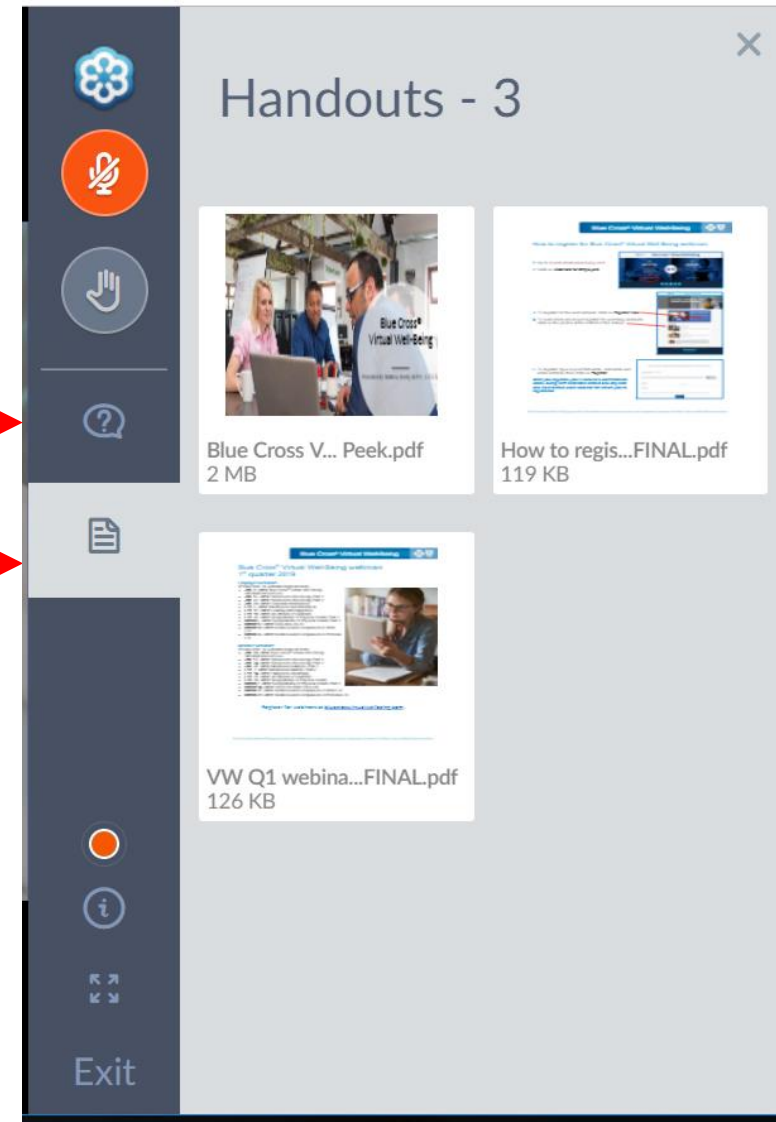


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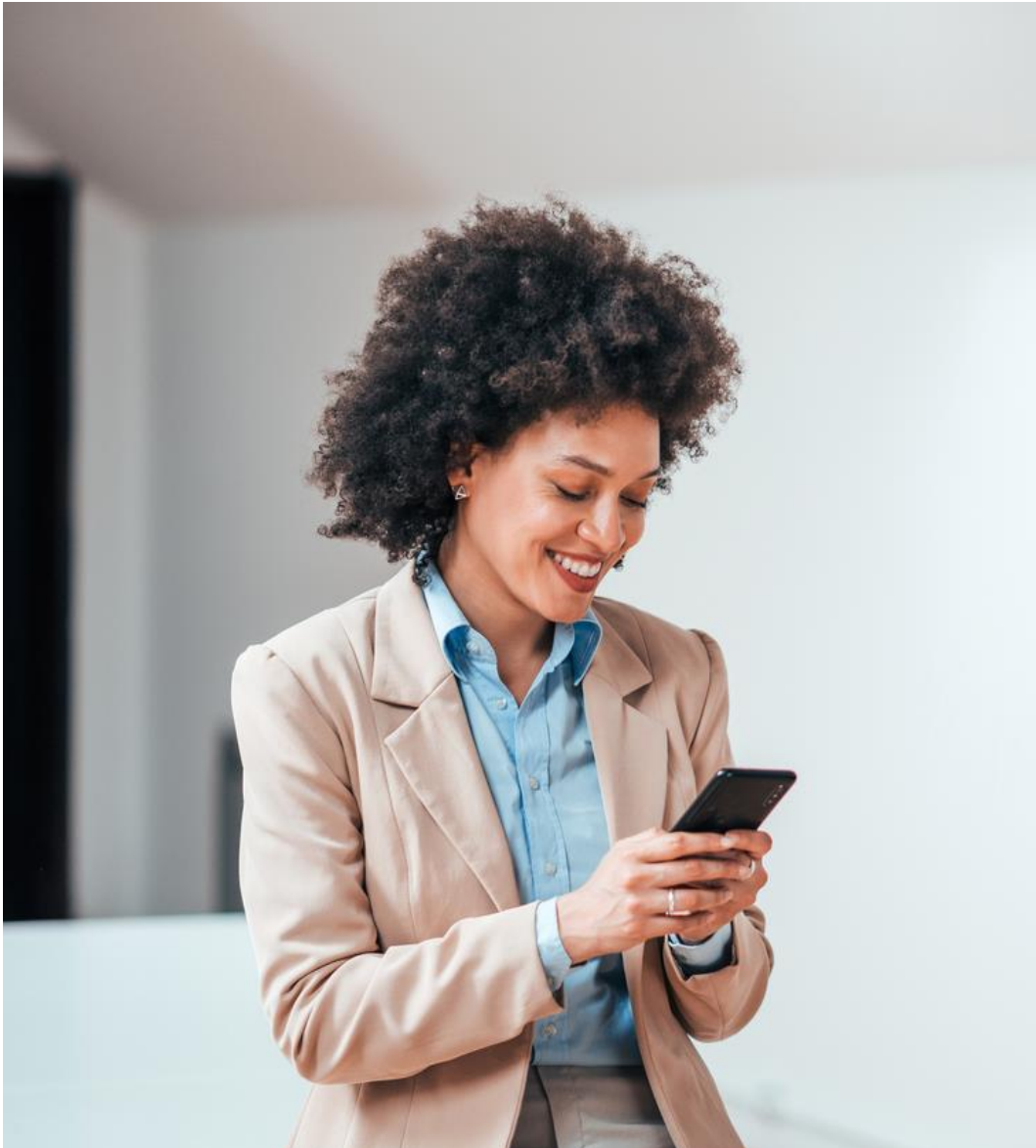
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# Receive weekly registration reminders



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## Healthy Habits 4-Week Challenge





# Healthy habits for your well-being



## Exercise

- 300 minutes of moderate intensity physical activity per week
- Resistance training twice per week working all major muscle groups



## Nutrition

- Eat at least 2.5 servings of vegetables
- Eat at least 2 servings of fruit
- Eat at least 6 servings of grain, at least three of which are whole grain
- Eat at least 5.5 oz. of protein



## Hydration

- Try to drink between half an ounce and an ounce of water for each pound you weigh every day.



## Mindfulness

- Sensory walk
- Random act of kindness
- Meditate
- Gratitude journal



# Drop 5 Virtual Weight-Loss Community

Drop 5 is a free weight loss community that meets virtually on Thursdays with a goal of losing five pounds at a time. Anyone over 18 can participate with no registration necessary.

**Tip of the week:** Ask for support to ensure success.



**Check in with us using the Question box.**

- Let us know if you have lost five pounds.
- Share your nonscale victory from this week.

# For more information

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

