

Living Well Tip of the Week

Two-thirds of American adults are overweight or obese and a third of children are obese, increasing the risk of heart disease, diabetes and other chronic illnesses, and adding about \$150 billion a year to U.S. health care costs. (www.reuters.com)

Add Activity to Family Life:

- Buy toys & gifts that promote physical activity
- Assign household chores such as yard work, washing the car or mopping the floors
- Encourage job-seeking kids to look for active jobs (paper carrier, lawn service)
- Find fun, physically active ways to celebrate special occasions
- Add exercise to weekend plans (hike, fly a kite, swim)
- Plan one special physical activity event each week for the whole family, such as one of many Texas State Parks!



If you need assistance with adding activity your family life plan, check out the many tools and resources available at your “Living Well Health Manager powered by WebMD”.

To learn more about these programs go to www.webmdhealth.com/ut , visit the “Lifestyle Improvement Program” and the many articles posted on the Health Topic section available to you are your dependents*.

**Living Well Health Manager powered by WebMD Program available to UT SELECT members-Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.*