

# You can be active at any size



## Consider the possibilities ...

Is your weight holding you back from physical activity? While there may be special challenges for large people who want to be physically active, overcoming the following barriers can make all the difference:

**Barrier:** I don't have enough time.

**Solution:** Be active for a few minutes at a time throughout the day.

**Barrier:** I feel self-conscious when I'm active.

**Solution:** Be active at home doing household chores and find ways to move more during day-to-day activities.

**Barrier:** I'm worried about my health or injury when I exercise.

**Solution:** Consult a health care professional first, and consider finding a personal trainer to guide you.

**Barrier:** I just don't like exercise.

**Solution:** Try dancing to your favorite music, taking the stairs instead of an elevator, and walking outdoors with friends.



Are you ready to get active? Try this on for size—you can develop customized fitness plans with the Personal Health Manager's *Get Fit* section available through Blue Access® for Members.



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Source: National Institute of Diabetes and Digestive and Kidney Diseases

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