

Here's something fit for everyday use ...

Fitness programs from the Personal Health Manager

Still trying to fit fitness into your life? Now you can with a little boost from the **Personal Health Manager**. You'll find lots of tools to make your fitness program fun, like *Ask A Trainer* for one-on-one advice with quick, helpful feedback about your fitness goals. And don't miss the *Get Fit* section where you can:

- Build a customized workout program
- View *virtual exercise* demonstrations to learn proper techniques for more than 200 exercises
- Report your progress and get immediate feedback via a medal rating system
- Modify your plan as you go along

Limber up you fingers and visit the **Personal Health Manager** at Blue Access® for Members. It's the place for fitness resources that fit your life, today and every day.



**BlueCross BlueShield
of Texas**

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