

Aim for Change

A Healthy Lifestyle Program

What's your reason for taking control of health?

I need to get started.

I want to feel better.

I want to have more energy.

I want to be more active with my family.

I want to sleep better.

I want to improve my appearance.

I want to improve my heart health, blood pressure, cholesterol, and/or better control my diabetes.

Good nutrition, exercise, and a healthy weight are all important for overall health, well-being, and the prevention and management of medical conditions.

The Aim for Change program is designed to help you build the skills needed to live a healthy lifestyle. Whether you work closely with a personal wellness coach or on your own, you'll be guided step-by-step toward feeling your best.

Throughout the program you'll learn many approaches that can help you make realistic lifestyle improvements, including:

- Nutrition basics and tips to improve your diet
- Physical activity basics and strategies to move more
- Understanding of how nutrition and activity contribute to weight management
- Planning for challenges and obstacles you may encounter

Whether you are looking to eat better, move more, maintain or lose weight, or simply develop healthier lifestyle habits, this program is right for you!

How to Participate

It's easy to join. Simply call a wellness coach to enroll. You'll receive a workbook to use as a guide. If you have questions or run into challenges along the way, just call your coach.

There are two options for completing the program:

- 1. By Phone:** You'll work directly with a wellness coach to explore the program materials, set goals, and discuss your progress. This option includes scheduled follow-up calls with your coach.
- 2. Self-Study:** You'll work through the program at your own pace.

Call today to take the first step to living a healthy lifestyle program.

For more information and to enroll in Aim for Change, call a Blues On CallSM wellness coach at 1-888-258-3428.

