



Back to School Healthy Beginnings!

During the rush to get your child ready to go back to school, don't overlook their health, as well as yours. If you are like most parents, you want this school year to be the best ever! From packing nutritious lunches to fitting in family physical activities, consider these tips to get the school year off to a healthy start.

Eat Right

Learn the **ABCs** of saving calories and money when you shop for groceries to pack your lunches.

- **A**lways use ads and store bonus cards, which may offer discounts on healthy foods like fruits and veggies.
- **B**uy produce in season to cut costs. Fall is often the best time of year to find a wide range of local produce.
- **C**ompare brands and package sizes to find the best buy. Be sure to read the Nutrition Facts label on packaged food to choose products lower in calories, saturated and trans fats, sodium, and sugars.

Turn food shopping into family time after school or on the weekends! Bring your kids along and teach them to look out for healthy choices.

For more tips on eating healthy as you get back into the school year routine, visit the We Can! Eat Right webpage by clicking [here](#).

Move More

Kicking off the school year can be a busy time, leaving little room for physical activity. These three steps can help you find time to be active as a family.

1. Keep track of how your family spends time for one week.
2. Start small. Find two 30-minute time slots when your family can be active together after school or on the weekends.
3. Get moving by trying these great tips:
 - Take a family walk or bike ride after dinner
 - Do sit-ups in front of the TV with your kids (make it a competition)
 - Play baseball, basketball, tennis, etc.
 - Jump rope
 - Dance.

Reduce Screen Time

Kids spend a big part of their day sitting in the classroom, so you can help your children spend less time in front of the TV, computer, and video games—and more time having fun as a family—with these tips.

- Turn off the TV during mealtime and talk with your children about what they learned in school that day. Families who eat together tend to eat healthier.
- Limit screen time to two hours each day for children 2 or older.
- Suggest playing outside after school and join in the fun.
- Turn on some music and have a family dance party.
- Be a good role model. If you reduce your screen time and move more, your kids will too!

Diabetes Prevention Program open to OGB Members

OGB members who are diagnosed with prediabetes or at high risk for type 2 diabetes may be eligible for Prevent, a 16-week diabetes prevention program from Blue Cross and Omada Health. The Prevent program is designed to help individuals, including those with prediabetes, lose weight and make healthier choices. Combining a professional health coach with an understanding and supportive small group, a flexible online format and a growing pool of healthy resources, Prevent is a profound, lifestyle-changing experience.

For more information, email hello@preventnow.com or call 1-888-409-8687.

Success Stories

"In October 2014, I was diagnosed pre-diabetic. I started the Prevent Program and have halted the diabetic process. I have lost 58 pounds and have a goal of getting down 17 more pounds to 180 pounds. Thanks!"

Michael Burns

"During my Catapult counseling, I had very high blood pressure and triglycerides. My nurse practitioner expressed the importance of monitoring my diabetes. I left the office and scheduled an appointment with my cardiologist. In a follow-up call with my nurse practitioner, I was able to tell her that I was doing a better job of checking my blood pressure and taking better care of myself. I am very grateful to the Catapult staff."

Do you have a similar success story? Please [email us](#) and we will tell YOUR story in a future newsletter.

Upcoming Clinics

Below is a list of clinics scheduled throughout the state for the month of August. You only have until **August 15, 2015** to complete your online Personal Health Assessment and get your preventive health checkup in order to be eligible for the 2016 wellness credit! To sign up for one of these clinics, or find a date and location that works best for you, visit www.timeconfirm.com/ogb. (Dates and times are subject to change.)

Live Better Louisiana Clinics	
Date	Location
8/6/2015	Holiday Inn (Alexandria – Retirees) Holiday Inn Express (Eunice – Retirees)

	Hampton Inn (Thibodaux – Retirees) Claiborne Building (Baton Rouge)
8/7/2015	Holiday Inn (Alexandria – Retirees) Holiday Inn Express (Eunice – Retirees) Hampton Inn (Thibodaux – Retirees) Renaissance Hotel (Baton Rouge – Retirees)
8/10/2015	Jefferson Parish School Board (Harvey) Hilton (Shreveport – Retirees) Northwestern State University (Natchitoches)
8/11/2015	Jefferson Parish School Board (Harvey) Hilton (Shreveport – Retirees) Northwestern State University (Natchitoches) Claiborne Building (Baton Rouge)
8/12/2015	Jefferson Parish School Board (Harvey) Hilton (Shreveport – Retirees) Northwestern State University (Natchitoches) Claiborne Building (Baton Rouge)
8/13/2015	DCFS (Covington) Hilton (Shreveport – Retirees) Northwestern State University (Natchitoches) St. Landry Parish School Board - Resource Center (Opelousas)
8/14/2015	DCFS (Covington) Hilton (Shreveport – Retirees) Northwestern State University (Natchitoches) St. Landry Parish School Board - Resource Center (Opelousas)

Healthy After School Snacking

Snacks can help keep energy levels up and provide fuel before after school sports or other activities. The following recipe will help to make sure the extra calories consumed from snacks are healthy ones:

HAPPY TRAILS MIX

Honey Nut Cereal	2 cups
Corn Squares Cereal	2 cups
Peanuts	1 cup
Pineapple chips	½ cup
Raisins	1 cup
Banana chips	½ cup
Apricots, dried	½ cup

Directions:

In a large bowl, combine all ingredients; mix well. Store in a loosely covered container.

Makes 8 Servings

For more information, visit us at www.bcbsla.com/ogb

Follow us on Twitter @LiveBetterLA