

# Your loss is Oklahoma's gain

Obesity costs our nation more than \$100 billion every year. This stresses our health care system and our economy. Business must pay the increasing cost of health care coverage, while suffering a loss of productivity from employees unable to work because of complications from being overweight.

## Oklahoma can't afford to be fat!



## What you can do:

- ✔ Limit foods high in saturated fats and refined sugar and flour
- ✔ Avoid foods and drinks sweetened with fructose syrup
- ✔ Increase physical activity to at least 30 minutes a day, five days a week
- ✔ Choose sensible food portions instead of “super-sized” portions
- ✔ Include at least two servings of fruit and three servings of vegetables every day



## BlueCross BlueShield of Oklahoma

A Member of the Blue Cross and Blue Shield Association,  
an Association of Independent Blue Cross and Blue Shield Plans.

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**Holding down health care costs:  
your health choices matter**