



**Have you ever picked up a brick?
One weighs about 5 pounds. If, like
most people, you have an extra 5, 10, 25,
or even 50 pounds you'd like to lose —
imagine its equivalent in bricks. You're
carrying that weight around every day,
everywhere you go!**

When your weight is in a healthy range, you lighten the load on your heart — and on your joints, lungs, and bones, too. You're more comfortable, so you feel better, and you're more likely to be more active. According to the American Heart Association, you're also less likely to develop heart disease.

Want to lighten the load on your heart?
Eating fewer calories and being
more active each day, over
time, will do the trick...
ounce by ounce,
brick by brick.



UPMC HEALTH PLAN

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MAR12 BRICKS C20120313-17-B (MCG) 3/5/12

If you're a UPMC Health Plan member, call Coach on Call™ at 1-800-807-0751 for helpful tips from a health coach about eating better, becoming more active, and managing your weight. Visit www.upmchealthplan.com to learn about healthy lifestyle programs available to members. A Member Advocate will be happy to assist you with finding a doctor and making an appointment — call 1-888-876-2756.