

Eat Right with us



LOUISIANA

2step

Presented by **Blue Cross and Blue Shield of Louisiana**
and **Pennington Biomedical Research Center**

*Participating
Restaurant*



www.Louisiana2Step.com

Blue Cross and Blue Shield of Louisiana is incorporated as Louisiana Health Service & Indemnity Company and is an independent licensee of the Blue Cross and Blue Shield Association.

What Is the ?

The Louisiana 2 Step is a fun, free, motivational program that encourages Louisianians to take 2 small steps to better health: **eat right** and **move more**.

The 2 Step was developed by Blue Cross and Blue Shield of Louisiana and Pennington Biomedical Research Center to help fight obesity in our state.

How Do You Do the **2**?

“Doing the 2” means making small, healthy changes every day. By visiting www.Louisiana2Step.com, visitors get free information and learn to:

EAT RIGHT

with healthy recipes and restaurant tips

MOVE MORE

with exercise suggestions and an events calendar

GET MOTIVATED

with health coaches and encouraging e-mails

Plus, registered 2 Step members can track their information with free personalized tools!



The 2 Step is teaming up with area restaurants to help you make **good choices** so you can eat out, eat well and still eat smart!

You can always ask for healthier menu options, but here are a few great tips you can try anytime to make your meal delicious and a little better for you!

- Go for water, tea or diet sodas
- Opt for wheat bread or wraps
- Load up on veggies, but hold the butter
- Choose low-fat dressings and toppings
- Ask for dressings or sauces on the side
- Take half home for later

Why Does Blue Do the 2?

One-fourth of all Louisianians count on Blue Cross and Blue Shield of Louisiana for their health coverage, so we have a stake in promoting health and wellness statewide.

The Louisiana 2 Step fulfills part of our company's mission of "providing health guidance." This free, dynamic program teaches people to eat right and move more while making a positive impact on the overall health of Louisiana, 2 steps at a time.

Why Do Restaurants Do the 2?

Restaurants in Louisiana can Do the 2 simply by offering suggestions to make meals healthier. These 2 Step Participating Restaurants are willing to help you eat out, eat healthy and still eat well!

Why Should You Do the 2?

The Louisiana 2 Step is about getting healthy your own way. Set your own goals, go at your own pace and make the changes you want in your life. Take that first small step and see what a big difference it can make in your health.