

Walking Works

A program for a healthier America

Wellmark Blue Cross and Blue Shield, in partnership with the American Cancer Society, is sponsoring Walking Works, a campaign to help Americans live healthier lives by helping them set and achieve personal walking goals.

Walking works – in many ways. A brisk-paced walk can help you and your family look and feel better, increase your energy and pick up your spirits. Walking can work to improve your health, too. A daily routine of 30 minutes or more of brisk walking can help control your weight, lower your cholesterol, strengthen your heart and reduce the likelihood of serious health problems down the road. And since America is spending more than ever on preventable health problems such as obesity, heart disease, colon cancer, osteoporosis and type 2 diabetes, every step you take can help build a healthier nation.

Make a commitment to better health! For tips and information about how you can design a walking program that's right for you, visit <http://www.wellmark.com>.