



Independence
Blue Cross

WALKING TOWARDS WELLNESS



Walk towards a healthier you!

The benefits to joining a walking program are:

- ✓ Burns calories
- ✓ Reduces stress
- ✓ Helps maintain or lose weight
- ✓ Improves productivity and energy level
- ✓ Conditions the heart
- ✓ Improves muscle tone
- ✓ Strengthens bones
- ✓ Improves sleep

Walking is easy to do, not costly and can be done anytime with any schedule... all you need is a good pair of sneakers!

Take the *first step* towards a healthier you.
Join the *Walking Towards Wellness* program today!

Start Date: _____

To register, contact: _____