



Independence
Blue Cross

WALKING TOWARDS WELLNESS



Resource List

National Institute of Diabetes and Digestive and Kidney Diseases
<http://win.niddk.nih.gov/publications/walking.htm>

Centers for Disease Control and Prevention
<http://www.cdc.gov/nccdphp/dnpa/physical/starting/>

American Podiatric Medical Association
<http://www.apma.org>

Center for Nutrition Policy and Promotion
<http://www.usda.gov/cnpp>

American Heart Association
<http://www.justmove.org>