



Independence  
Blue Cross

## WALKING TOWARDS WELLNESS



### Long-Term Goals

Dear Participant,

You have almost finished the *Walking Towards Wellness* program! At the beginning of the program, you were asked to set long-term goals.

Today, take the time to review your goals. What do you need to do to accomplish them? Do you need to walk more often, more minutes, sign up for an event or join a club?

Take the action today to reach your long-term goal!

If you need assistance, ask your walking partner, a friend or a resource that may be able to help you reach your goal.

At times, you may need to “go public” with your goal—this will help you to own it and become accountable. Once someone else knows about your goal, it becomes very real!

So, sign up for a walking event, schedule a date with your children or whatever keeps you walking—***one step at a time.***