



Independence
Blue Cross

WALKING TOWARDS WELLNESS



How Will I Continue After the Program?

Dear Participant,

You are approaching the final week of the program. What are you going to do to continue your walking program?

To succeed you must plan. What should you plan?

- Recommit to your goals.
- Plan your incentives.
- Reconfirm your walking partner's commitment. Do you need to find a new partner?
- Share your goals with family, friends or coworkers.
- Join a walking club.
- Register for a walking event.
- Join a gym.
- Buy a walkman.
- Buy a new CD for walking.