



Independence  
Blue Cross

# WALKING TOWARDS WELLNESS



Dear Participant,

This is the first week of the *Walking Towards Wellness* program! **Congratulations!**

## Get Started!

Now is the time to commit yourself to better health and fitness. What better way than to increase your physical activity by walking?

Some research shows that it takes about 21 days to develop a new habit. Repetition is the key to building any behavior into a habit. At first, you may find the behavior awkward and uncomfortable—like going to a health club and not knowing how to use the equipment—but after about a month or so, the behavior becomes a regular part of your routine. Making a schedule and tracking your progress are required for this challenge and can help to motivate and keep you moving along.

Many people give up before they reach the point of effortless momentum. But if you hang in there long enough (for 21 days or more), you should find that this new healthy behavior starts to have an appeal of its own. As that appeal grows, walking will become as effortless to maintain as brushing your teeth. Most people never have to think about their healthy habits. They just do them, routinely. With a little sustained practice, walking can become a part of your daily routine!

Source: Your Guide to Walking (Wendy Bumgardner)  
About Setting Goals—Building the Walking Habit

Week # 1 / E-mail

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