



Independence  
Blue Cross

# WALKING TOWARDS WELLNESS



## Benefits of Walking

Dear Participant,

Week # 3—Wow! Is it really Week #3? Keep on walking... ***step after step***. How many minutes have you enhanced your program? You are definitely walking towards a healthier you!

The benefits of walking are many! Once you get into the habit, you will feel better!

Walking on a regular basis reduces body fat, which decreases your risk for:

- Heart disease
- Diabetes
- Cancer
- Bone and joint deterioration
- High cholesterol
- High blood pressure
- Weak muscles
- Stress

After walking, you may feel an increased sense of overall well-being. Walking is known to improve self-esteem. By helping you to look and feel good, walking can help improve how you feel about yourself.

Go for it! You can do it!