



Independence
Blue Cross

WALKING TOWARDS WELLNESS



Positive Mindset

Dear Participant,

Celebrate! You have completed 1/3 of the program... a **step** at a time! Keep on walking!

In any exercise program, you need to maintain a positive mindset. Think about the outcomes received from a regular walking program. Are you less stressed or beginning to lose weight? Connect with the individuals who are positive in nature or are committed to doing the program, even when the program becomes challenging. Do you have a walking buddy? If not, now is the time to get one! Once you start walking, focus on increased feelings of self-esteem, a sense of accomplishment and the increased energy levels that walking brings to your life.

If you falter, just start over! You should not use skipping a walking session as an excuse to give up! Walk with a buddy, set realistic goals, enjoy your new habit, etc. Keep on walking—one step at a time!