



**Independence
Blue Cross**

WALKING TOWARDS WELLNESS



Keep on Walking—One Step at a Time

Dear Participant,

Week #8—how do you keep on walking?

Consider these suggestions:

- Take the stairs instead of the elevator.
- Go for a walk during your coffee or lunch break.
- Walk all or part of the way to work.
- Park in the furthest parking spot from the stores.
- Get a buddy.
- Vary your routine—walk during work, on the weekends, with the children or the dog.
- Buy a new CD to play while walking.
- Reward yourself for reaching short-term goals.
- Remember to record your minutes in your Tracking Log.
- Check your progress!

Just do it! Enjoy! And know the rewards!