



Independence
Blue Cross

WALKING TOWARDS WELLNESS



Dear Participant,

Congratulations on joining ***Walking Toward Wellness!***

We know that you have chosen to take ***Step 1***—a decision to improve your health and increase your quality of life!

Did you know that on average, every minute of walking can extend your life by 1.5 to 2 minutes? The benefits of walking are endless! Not only does it help to prevent disease, but it also gives you more energy, makes you feel good, helps you to relax, reduces stress and assists with weight management.

Walking is one of the greatest choices for regular, healthy exercise. It is safe, effective, and almost anyone may participate in this activity.

We are launching the ***Walking Towards Wellness*** program right here at work to focus on the importance of physical activity to maintain your physical and emotional well being. It's a fact—regular physical activity is essential for good health.

Your health matters to us, and we want to do everything we can to provide you with activities and the education you need to make wellness choices that will help you develop a healthy lifestyle. We support your decision that you have taken the initiative to join the ***Walking Towards Wellness*** program.

We look forward to seeing the accomplishments that you will achieve and assist you in developing a lifelong healthy habit.

If you have any questions, please feel free to contact me via e-mail.

Thank you!

Program Coordinator