

Walking to better health

It's easy to walk your way to good health – all you need are a good pair of shoes, a positive attitude, and at least 30 minutes a day.

Improve your health

Walking can help you:

- Lose weight.
- Reduce stress.
- Prevent depression.
- Lower blood pressure.
- Improve overall health.

Tips to get started:

- Ask your doctor to make sure it's OK.
- Start with a short-term goal.
- Gradually increase your time and pace.
- Get a step counter – aim for 10,000 steps a day.
- Get a walking buddy to stay motivated.

Discount shoes

If you need a new pair of walking shoes, use your LifeBalance benefits for discounts through several participating stores.

Visit www.lifebalanceprogram.com.

