



# WalkingWorks<sup>\*</sup>

Walking as a fitness program can positively influence many chronic conditions and diseases, including:

- Coronary heart disease
- Type 2 diabetes
- Osteoporosis
- Stroke
- Breast & colon cancer
- Gallstones

Regular walking also can reduce stress and anxiety, and help lower blood pressure.

## Start Walking This Summer

- create walking routes
- make a regular schedule
- set goals
- maintain proper posture and stretch before starting your walk
- carry water with you

Always check with your doctor before starting any new exercise program.

**For more health and wellness information  
visit our Web site at [www.bcbsks.com](http://www.bcbsks.com)**

\*WalkingWorks is a national Blue Cross and Blue Shield Association campaign to encourage people of all ages to begin or continue a walking program.