

National Walk@Lunch Day[®] is Wednesday, April 30



healthy changes
everything.[®]



BlueShield
of Northeastern New York

Get your new daily walking routine started.

If you are new to exercise, walking is a great place to start. When performed at the correct intensity, walking can be one of the best forms of exercise. Plus, it's simple and inexpensive.

Here are some tips:

- Keep your head up and look forward
- Relax your neck, shoulders, and back
- Move your arms to increase intensity
- Keep your core engaged and your back straight
- Walk smoothly, rolling your foot from heel to toe
- Keep a steady, brisk pace—don't be afraid to get your heart rate up!

For more tips, visit bsneny.com/healthandwellness
or call one of our health coaches at 1-877-878-8785, and press 2.

