

# Your health. Your choice.



38 seconds  
to the top



38 steps  
to better health

Making sure you fit in 30 minutes of walking every day now can decrease your risk for costly health problems down the road.



Source: President's Council on Physical Fitness and Sports Research Digest, "Cost and Consequences of Sedentary Living: New Battleground for an Old Enemy," March 2002. A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association