

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.



BlueCross BlueShield
of Texas

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.
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