

# 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.



**TRS-ActiveCare**  
TEACHER RETIREMENT SYSTEM OF TEXAS



**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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