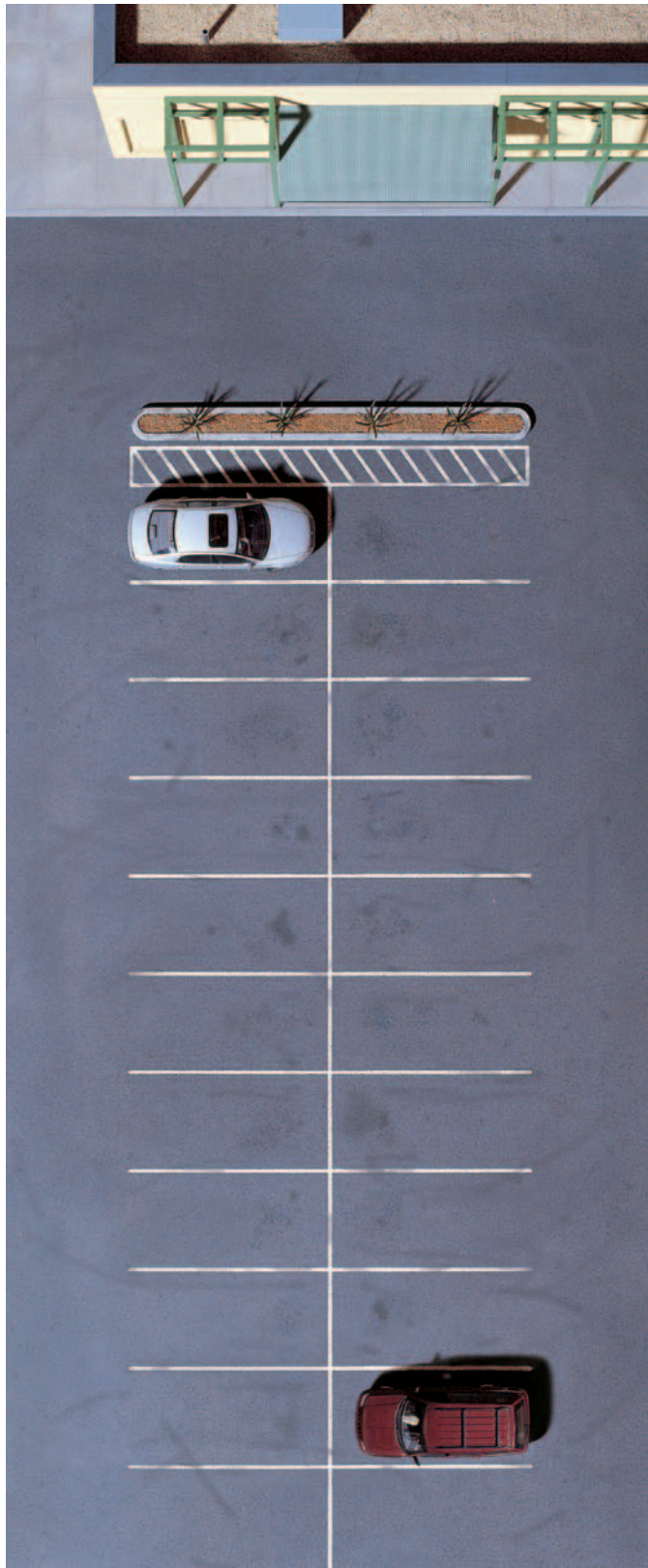


90
steps
farther
from the
store



90
steps
closer to
better
health

Your health. Your choice.

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.
TRS-ActiveCare is administered by Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association. Blue Cross and Blue Shield of Texas provides claims payment services only and does not assume any financial risk or obligation with respect to claims.