

Walking FUNdamentals

Make walking work for you



A daily routine—30 minutes or more—of moderately-paced or brisk walking can help you control your weight, lower cholesterol, strengthen your heart, and reduce the likelihood of serious health problems down the road. And since America is spending more than ever on preventable health problems such as obesity, heart disease and diabetes, every step you take can help build a healthier nation.

Simple steps

It's easy. There are ways you can increase your physical activity to maintain a basic level of fitness—without setting aside a big part of your busy day.

- Walk up the stairs instead of riding the escalator at the mall
- Take an after-dinner walk with your family
- Choose the farthest parking spot in the lot at work
- Enjoy your lunch outdoors instead of at your desk

By walking 30 to 60 minutes a day at a brisk pace, you're on your way to better health!



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Stick with it



Give yourself a pat on the back for starting your walking program—it's a big step! Now it's time to focus. Staying on course and committed to walking will be well worth the effort as your energy level rises and you begin to reap other health benefits. Try these tips to stay motivated:

- 1. Set walking goals.** It takes about 12 weeks to form a habit, and having realistic goals in place will help reinforce your commitment. Use the **Walking FUNDamentals** *Walking log* to track your progress.
- 2. Recruit a walking buddy.** Invite a co-worker, friend, family member or neighbor to join you on your walks. As you get into a walking routine, you can motivate each other to keep your walking goals on track.
- 3. Take another route.** Scope out several routes to add variety to your walking program. Walk through the park one day and around the neighborhood the next time out.
- 4. Stay flexible.** Pencil in your walks on your calendar as you would other appointments. When things pop up that pull you away from your plans, be flexible. Don't let missing one or two walks sabotage your walking program. Shrug it off as a temporary setback, lace up your shoes and hit the pavement once again—even if it's only for 10 minutes during one of your work breaks.
- 5. Keep your chin up.** A positive attitude can be your best motivator. Try not to let negative feelings distract you from walking. Keep in mind that regular physical activity can boost your spirits and lower feelings of anxiety and depression.

Track your walking results and earn Blue PointsSM! Just visit Blue Access[®] for Members, click on the Personal Health Manager icon and look for the Blue Points Redemption Center for more details.