

TRS-ActiveCare BENEFITS OF WALKING



Tune in to the Blue Cross and Blue Shield of Texas worksite wellness podcast for a short episode about how walking can improve your overall health. We'll cover:

- reasons you should walk
- how long you should walk to see a benefit
- how to incorporate walking into your daily life



Listen to the podcast at your convenience!

Click on the link below or scan the QR Code:

Benefits of Walking



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