



BlueResourceSM – Workplace Wellness – Walking at Work

Step Away from Your Desk and Reenergize

Break away from your work routine and take a walk. When you lace up your tennis shoes and start moving, it releases tension, improves your mood, burns calories, strengthens your bones and keeps your heart healthy. Here's how to get started.

Put your best foot forward. Choose comfortable shoes that fit the shape of your feet with good insoles that offer arch support and structure to cushion your feet.

Find a great route. Treat your feet to well-maintained paths or trails free of cracks, potholes, low-hanging limbs and other hazards.

Make it fun and social. Invite a work friend or an entire group to walk with you to catch up, reduce stress and give your mood a happy boost.

Get those minutes in. Aim for 30 minutes of walking time, but if you can't do it all in one block, break it into brisk, five-minute mini walks.

Wrap up with relaxing moves. Gently stretch your muscles for a few minutes after your walk while your muscles are warm.



Schedule walks into your workday for better health.

Source: *Walking: Trim Your Waistline, Improve Your Health.* Mayo Clinic. 2019.

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