

Benefits of Walking

Walking is one of life's simplest and most flexible activities. It helps you to get in shape, socialize, explore the great outdoors, and relax.

The health benefits of walking are many. They are:

- Improves blood flow
- Lowers blood pressure
- Lowers heart disease
- Makes the heart stronger
- Helps with weight loss
- Helps with sleep
- Lowers stress and uplifts your mood

How can I get started?

Start with a small goal such as 5 to 10-minute walks, a couple of times a day. Make it a daily habit. Think about using a step counter to see how many steps you are taking. Set a goal to increase your steps by 500 steps or more a week. Keep adding to your step goal.

Step Conversion

Distance	Steps
1 city block	200
1 mile	2,000-2,500
4-5 miles	10,000

Do you have questions?

Call our **24-hour Nurse Advice Line.**



We are here to help you.

English: (888) 275-8750

Espanol: (866) 648-3537



To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.

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