

## WalkingWorks<sup>SM</sup> can help you get healthy

**WalkingWorks** is a Blues approach to physical activity. Rather than asking you to set aside a big part of your busy day for exercise, WalkingWorks encourages you to find opportunities to walk more every day and provides the tools you will need to track your progress.

The President's Council on Physical Fitness and Sports reports that walking one mile burns about 100 calories, depending on the level of the walker's intensity and speed.

According to the Mayo Foundation for Medical Education and Research, brisk walking, on a regular basis, can:

- Decrease your risk of a heart attack
- Decrease your chances of developing diabetes
- Help control your weight
- Improve your muscle tone
- Promote your overall sense of wellness

### Want to know more?

Find out more about WalkingWorks at **MiBCN.com**.



**Blue Care  
Network  
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