

# Health & Wellness Tip of the Week

# Week 18 April 30, 2018

Our mission is to promote health awareness and encourage healthy lifestyles.



BlueCross BlueShield  
of Texas

Take wellness to heart

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association.

## Try Walking for High Benefit That's Low Impact

Do you like (or need) to keep one foot on the ground? Low-impact movements like walking may be the exercise for you. Walking allows one or both feet to touch the ground with every step. Not only is there less force and stress on your body, but walking is a simple way to start exercising if you're not used to being active.

- Start simple - try walking around the block. Time yourself and try to beat that time on your next walk. Work your way up by increasing the number of blocks and number of days you walk.
- Find a friend. A regular walking buddy keeps you motivated on days when you'd rather stay home. Better yet, join a walking club for even more social interaction and motivation.
- Keep it up!

*Source: American Heart Association; American Stroke Association*

**Human Resources Department  
1201 E. 8th Street  
Mission, Texas 78572**

