



**BlueCross BlueShield
of Alabama**

An Independent Licensee of the
Blue Cross and Blue Shield Association

WELLNESS TOOLS FOR YOU

WalkingWorks Tool Kit

Benefits of Promoting Health and Wellness in the Workplace

- Healthier employees are more productive and miss less time at work.
- Since employees spend much of their time at work, the workplace provides a great opportunity to raise awareness about health and wellness.
- Developing a health culture can have positive, long-term results.

Physical activity is an important component of a healthy lifestyle. Here are the facts about exercise that may surprise you:

- ✓ More than 60 percent of Americans do not engage in the recommended amount of physical activity, and more than 25 percent are not active at all.
- ✓ Lack of physical activity can lead to chronic diseases and conditions such as heart disease, stroke, colon cancer, diabetes, arthritis, osteoporosis and obesity.
- ✓ Healthcare costs attributed to obesity amounted to an estimated \$117 billion (U.S. Department of Health and Human Services, 2000).
- ✓ Physical activity is a great way to reduce your risk of disease, reduce stress and promote an overall sense of well-being.

Providing health and wellness information is the first step to helping your employees better manage their health. By encouraging healthier lifestyles in the workplace, you create a “win-win” situation for you and your employees.

Blue Cross and Blue Shield of Alabama offers the WalkingWorks Tool Kit to use as part of your workplace wellness program and help your employees increase their physical activity. The kit includes a DVD, posters, handouts, walking log, and program and incentive ideas.

Pictures shown are representations of tool kit print materials. Actual photos or layout may vary.

Looking for a healthy lifestyle? Look no further than www.behealthy.com

FOR YOUR HEALTH
Information For a Healthy, Safe Lifestyle

Blue Cross and Blue Shield of Alabama proudly offers health-related programs and information for a healthier lifestyle for you and your family. Visit www.behealthy.com and select "WalkingWorks" under Other Health Resources.

WalkingWorks
The Main Program for a Healthier America

WalkingWorks — In a lot of ways. A regular routine of brisk-paced walking can help you lose weight, lower your...

How to Order the WalkingWorks Tool Kit

- 1 Go to www.bcbsal.com.
- 2 From the Employer home page, go to “Order Forms and Materials.”
- 3 Use stock number FHV-35.

Finding the Best Shoes for You

The right footwear is essential for walking. Here are some tips to make sure you've got the right stuff when it comes to your shoes.

THE RIGHT SHOES:

- The best shoes for walking have extra shock absorption at the heel and ball of the foot.
- They provide good roll off the toes and have a rounded or angled heel.
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- They have high-arched feet. Look for a shoe with more cushion.
- For flat feet, choose a shoe that provides extra control to stabilize your feet.

THE RIGHT FIT:

- They fit the shape of your feet and the way you walk.
- They have a little extra room at the toe.
- They have a little extra room at the heel.
- They have a little extra room at the ball of the foot.
- They have a little extra room at the arch of the foot.

Anytime you participate in an activity, remember to keep safety first.

• Most accidents are due to carelessness. Always wear your seat belt when driving. Always wear your seat belt when driving. Always wear your seat belt when driving.

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• Walk "safely" and make a route that usually means a safe journey.

• Walk with a partner or group whenever possible.

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