



*Let's get your
community
involved!*

Wednesday April 30, 2014

Walking for the health of it.

Quick Facts

- Wednesday, April 30, 2014, will be the 8th annual National Walk@Lunch Day.
- National Walk@Lunch Day is a nationwide event created by the Blue Cross and Blue Shield Association.
- Walking is one of the simplest and most effective forms of exercise. National Walk@Lunch Day is designed to encourage people of all ages, backgrounds and lifestyles to make walking a healthy habit for life.
- Participation grows every year. Last year, more than 2,700 people participated in National Walk@Lunch Day events in Alabama.
- This year, we are planning a statewide National Walk@Lunch Day event and hope it will be our largest event ever. Businesses, schools and other local organizations are invited to plan walks all across the state of Alabama.
- For 2014, Blue Cross will donate \$5,000 to the Governor's Council on Physical Fitness and Health on behalf of participating businesses, schools and individuals.



**BlueCross BlueShield
of Alabama**

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