



**National Walk
@ Lunch Day®**

MONTGOMERY



05.03.19



GET INVOLVED!

Walking for the health of it.

Quick Facts

- Spring 2019 will be the 13th 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.
- Businesses, schools and other local organizations are invited to plan walks all across the state of Alabama.
- In 2018, Blue Cross donated \$5,000 to the Governor's Commission on Physical Fitness and Sports on behalf of participating businesses, schools and individuals.



**BlueCross BlueShield
of Alabama**

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