

Walking FUNdamentals

Walk your way to better health



Looking for a way to have more energy and maybe even live longer? Then lace up your tennis shoes and take a walk.

The payoffs of walking

Walking can make you feel better, physically and mentally, and the long-term health benefits are even more impressive.

Manage your weight. Combined with healthy eating, physical activity is key for long-lasting weight control.

Strengthen your heart and lungs. When your heart and lungs work efficiently, you'll have more energy.

Reduce your heart attack risk. Walking keeps your heart healthy by lowering cholesterol levels.

Control your blood pressure. Walking helps reduce high blood pressure in many cases.

Decrease your risk for diabetes. Walking helps address conditions that create the risk of diabetes. If you already have diabetes, a regular walking program can help lower your blood sugar.

Boost your spirits. Going for a walk is a super way to reduce stress. Regular walking can also help lower feelings of depression and anxiety.

Improve your sleep. Regular physical activity can help you fall asleep more quickly and deepen your sleep. A good night's sleep can improve your concentration, productivity and mood.

Enhance your mental functioning. Research shows that regular physical activity improves blood flow to the brain, which translates to a better ability to think.



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