

WHY YOU SHOULD WALK IT OFF!

Walking is good for your mind and body! In addition to helping you stay at a healthy weight, walking just thirty minutes a day can lower your stress level. It can also raise your spirits and your energy!

Walking is low-impact – meaning it isn't hard on your body. So, give it a try!

Inviting friends and family to join you for a walk is a low-cost way to spend time with them.

Visit walkboston.org for information on lots of great walking tours.

RESULTS WITHIN WEEKS

Walking for at least thirty minutes a day – that's about 1.5 to 2 miles, depending on your speed – is great for your waist and weight. Within weeks, you'll notice your clothes fit better, and you may lose weight.

It's easy to get started – add walking into your day by:

- Walking instead of driving to the place where you are going
- Parking the car further from the door of your apartment, home or office building
- If you take the bus or train to home or work, getting off a stop earlier
- Taking the stairs instead of the elevator, or using the restroom on another floor

Visit the Wellness Center at ChooseBMCHP.com to learn more about how and why to get and stay healthy.



ChooseBMCHP.com

BOSTON MEDICAL CENTER
HealthNet Plan 
Get more.™

Contact BMC HealthNet Plan at 800-792-4355 or on the Web. For all your MassHealth options, call 800-841-2900, M - F, 8 a.m. to 5 p.m. (TTY: 800-497-4648). For all your Commonwealth Care health plan options, call 877-623-6765 (TTY: 877-623-7773), M - F, 8:00 a.m. to 5:00 p.m. or visit mahealthconnector.org

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