

Just Walk



TeamstersCare Members: Track your steps on <http://www.ahealthyme.com/login> from April through June to earn up to 25 points/dollars in gift cards

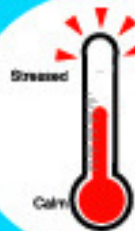
Walking reduces your risk of heart attack by raising “good” cholesterol and lowering “bad” cholesterol levels.



Walking reduces your risk of developing high blood pressure and other forms of heart disease.

Regular walking reduces your risk of developing Type 2 diabetes and improves your body’s ability to process sugar.

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A brisk walk is a great way to reduce stress, depression and feelings of anxiety.

Spring is here... Just 30 minutes of walking a day can make you healthier, more energetic, and can earn you up to 25 wellness points/gift card \$. So what are you waiting for? Start walking!

Time’s running out! Step Your Way to Better Health

Through June 30, 2017, you can earn up to 25 wellness points (redeemable for a \$25 gift card) by **Tracking Your Steps** at the **ahealthyme Steps Log**. For every 5,000 steps logged per day, you can earn 1 point, up to a maximum of 4 points per day (10,000 steps per day).

Go to <http://www.ahealthyme.com/login> for more information.