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## Healthy Tips from Blue365.

April 2016



April is the month to welcome spring and get walking. With a good pair of shoes, walking is an activity you can do practically anywhere.



### National Walk @ Lunch Day

Wednesday, April 27, the Blue Cross Blue Shield companies across the U.S. celebrate the 10th year of National Walk@Lunch Day®, which is designed to complement—not compete with—your busy lifestyle, and improve your health step by step. Businesses large and small and state legislatures across the nation will join Blue Cross Blue Shield in encouraging employees to wear comfortable shoes and take a walk at lunch. Be part of it. Get away from your desk on April 27 and take a walk at lunch! [Click here](#) for more information.



### Start a Walking Group

To make regular walking even more fun, start your own walking group. Sharing your exercise time with friends can help you reach your goals by providing accountability, motivation, safety, and socialization



To start your group, use your Facebook or Twitter accounts to reach out to interested friends and friends of friends. You might be surprised by how many others are interested. For more information on the benefits of walking groups, click here for the [Mayo Clinic's Healthy Lifestyle](#) page.



### Walking to Get Fit?

Walking to get fit? Check out the [Ten Tips for Fitness Walking](#) on Medicine.net where you will find information on posture, stride, and gear to get you started or to ramp up your current routine.

Check out healthy deals from:



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