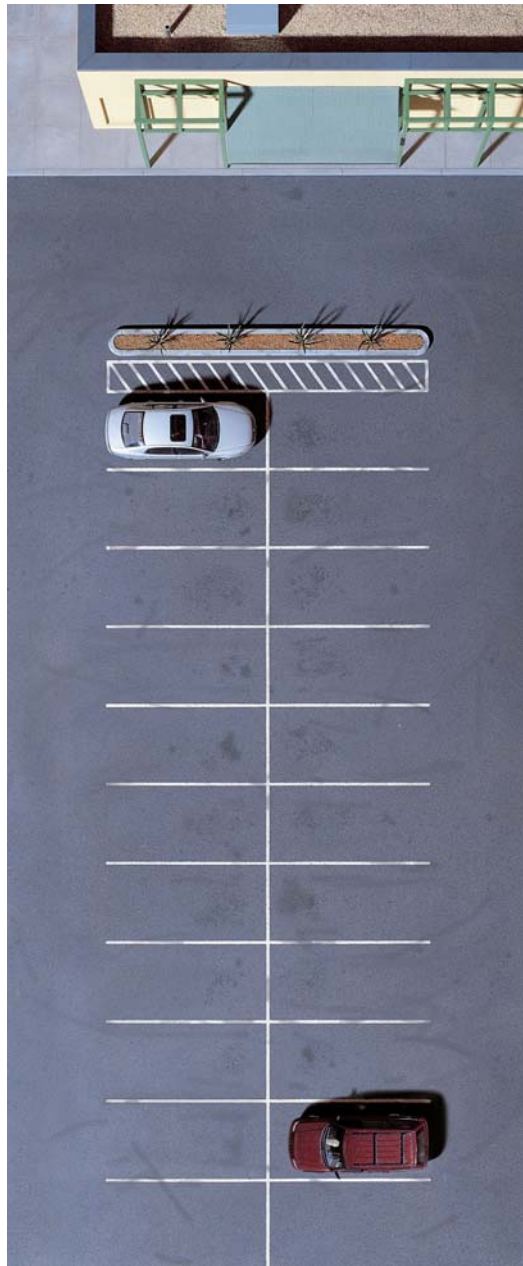


90
steps
farther
from the
store



90
steps
closer to
better
health

Your health. Your choice.

Making sure you fit in 30 minutes of walking every day now can decrease your risk for costly health problems down the road.



**BlueCross BlueShield
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