

Your health. Your choice.

90
steps farther
from the store



90
steps closer to
better health

Making sure you fit in 30 minutes of walking every day can decrease your risk for costly health problems down the road. When it comes to the cost of healthcare, your choices make a difference.

Source: President's Council on Physical Fitness and Sports Research Digest, "2008 Physical Activity Guidelines for Americans," December 2008.



NEBRASKA

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For more health and wellness information, visit www.BlueHealthAdvantageNE.com

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