



# Get Involved!

Wednesday April 27, 2016

*Walking for the health of it.*

## Quick Facts

- Wednesday, April 27, 2016, will be the 10th annual National Walk@Lunch Day.
- National Walk@Lunch Day is a nationwide event created by the Blue Cross and Blue Shield Association.
- Walking is one of the simplest and most effective forms of exercise. National Walk@Lunch Day is designed to encourage people of all ages, backgrounds and lifestyles to make walking a healthy habit for life.
- Participation grows every year. Last year, more than 14,000 people participated in National Walk@Lunch Day events in Alabama.
- Businesses, schools and other local organizations are invited to plan walks all across the state of Alabama.
- For 2016, Blue Cross will donate \$5,000 to the Governor's Commission on Physical Fitness and Sports on behalf of participating businesses, schools and individuals.



**BlueCross BlueShield  
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