



# Alabama Walk @ School Day

## ALABAMA WALK@SCHOOL DAY

Blue Cross celebrates National Walk@Lunch day because 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.

In order to encourage school-aged students to start walking, Blue Cross is unveiling Alabama Walk@School Day. This pilot program is designed to complement National Walk@Lunch Day but has been created specifically with school-aged children in mind.

We are very excited to invite you to partner with us for our first ever Alabama Walk@School Day!

Here's how it works:

1. Select a teacher or other employee to be your Alabama Walk@School Day champion. This person will be responsible for organizing your event.
2. Decide where to have your walk. An outdoor track or field would be ideal. However, in the case of inclement weather, choose a backup location inside your gym or through your school's hallways.
3. Students will walk in the designated area during their normal physical education time on April 29, 2016.
4. Once students complete their walk, have them sign a "Walking Commitment" sheet and provide the students with activity sheets.

And that's it!

*If you have questions, please contact Heidi Ramey by phone at (205) 220-6881 or email [hramey@bcbsal.org](mailto:hramey@bcbsal.org).*



**BlueCross BlueShield of Alabama**

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