

WALK WISELY



Check with your doctor before you begin any new exercise program.



Wear walking shoes or sneakers, not shoes with high heels.



Ask a family member, neighbor, or friend to join you if you plan to walk at night, and wear bright, reflective clothing.



Start slowly – begin with a 10-minute walk, and increase your walk time by 5 or 10 minutes until you reach 30 minutes or more.



Stay hydrated – drink plenty of fluids, and carry a water bottle.

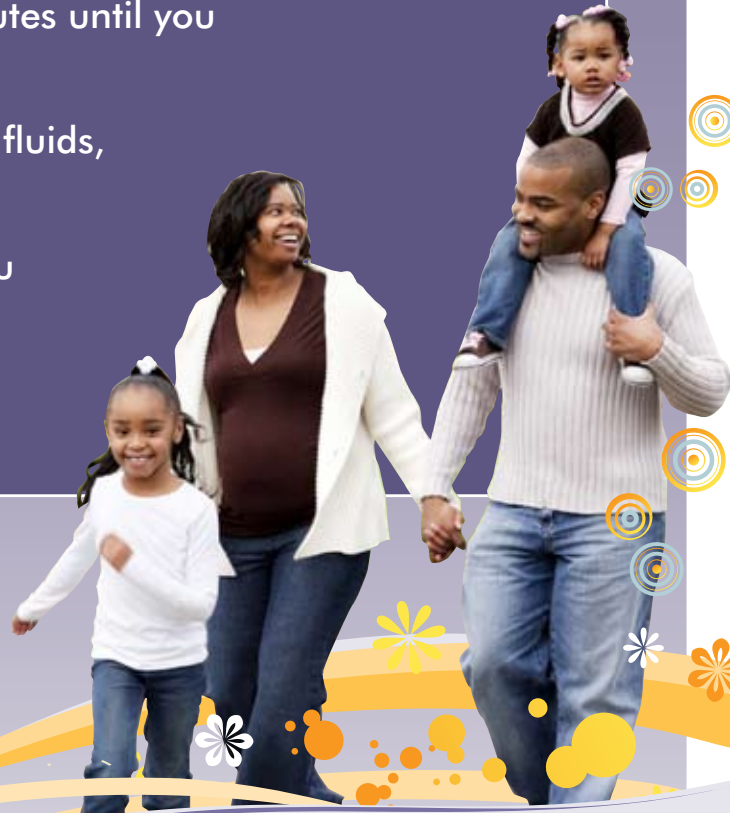


Take a break when you feel you need one.



Have fun and enjoy time spent walking.

Visit the Wellness Center at ChooseBMCHP.com to learn more about how and why to get and stay healthy.



ChooseBMCHP.com

BOSTON MEDICAL CENTER
HealthNet Plan
Get more.™

Contact BMC HealthNet Plan at 800-792-4355 or on the Web. For all your MassHealth options, call 800-841-2900, M - F, 8 a.m. to 5 p.m. (TTY: 800-497-4648). For all your Commonwealth Care health plan options, call 877-623-6765 (TTY: 877-623-7773), M - F, 8:00 a.m. to 5:00 p.m. or visit mahealthconnector.org

Español al reverso