



Wednesday, April 27, 2016

Group walks/rolls begin every 30 minutes starting at 11 am with the last walk /roll starting 12:30 pm at the following locations EXCEPT WHERE NOTED*

Register here for door prizes from BCBS and walk at one of nine locations convenient for you listed below!

<https://www.bcbsal.org/web/national-walk-at-lunch-day-2016.html>

Place	Site Captain/Contact	Handicapped Accessible
American Cancer Society/ City of Prichard A.J. Cooper Municipal Complex 216 E. Prichard Avenue Prichard, AL 36610 Description: 30 minute walks around sidewalks and perimeter of buildings	Chelette Webster chelette.webster@cancer.org 251/327-5973	Yes
Bienville Square 150 Dauphin Street (corner of Dauphin & Conception Streets) Mobile, AL 36602 Description: ½ mile walk through downtown <u>DOG WALKING SITE</u>	Mary Mullins info@livebettermobile.org 251/802-3341 Carol Hunter chunter@downtownmobile.org 251-604-5936	Yes
City of Mobile/Mobile County Mobile Government Plaza 205 Government Street Mobile, AL 36644 *Description: <u>BEGINS</u> <u>11:30 am ONLY</u> from Mobile Govt. Plaza to Bienville Square, along The "1 mile" Downtown Mobile Walking Path	Shelia Campbell shelia.campbell@cityofmobile.org 251/635-7179 251/208-7059 Lindsay Zoghby Lindsay.zoghby@cityofmobile.org 251/208-7804	Yes

(over)

Place	Site Captain/Contact	Handicapped Accessible
<p>Bayou La Batre Community Center 12745 Padgett Switch Road Irvington, AL Meet at BLB Community Center <u>At 12 NOON ONLY for group walk</u> <u>In nearby Zirlot Park</u></p>	<p>Emily Blejwas Emily@bayouclinic.org 334/590-3814</p>	Yes
<p>Mobile County Health Dept. 251 North Bayou Street Mobile, AL 36603 Description: 1 mile, 30-minute walk of 4 laps around the downtown campus</p>	<p>Margaret McCulloch mmcculloch@mchd.org 251/242-1973 Claris Feibelman cfeibelman@mchd.org</p>	No
<p>Mobile County Public School System Central Office (and various school sites) 1 Magnum Pass Mobile, AL 36618 <u>VARIOUS TIMES THROUGHOUT DAY</u></p>	<p>Amanda Arnold aarnold@mcpss.com 251/221-4374</p>	No
<p>Mobile Museum of Art 4850 Museum Drive Langan Municipal Park Mobile, AL 36608</p>	<p>Elizabet Elliott elizabet.elliott@cityofmobile.org 251/208-5200 Glenn Bingham Glenn.bingham@cityofmobile.org</p>	Yes
<p>USA Children's and Women's Hospital/USA Mitchell Cancer Institute USA Children's & Women's Park 1700 Center Street Mobile, AL 36604</p>	<p>Jen Ekman jekman@southalabama.edu (251) 471-7262</p>	Yes
<p>USA Student Recreation Center Lobby 51 Stadium Boulevard Mobile, AL 36688 Description: <u>OPEN TO USA STUDENTS, FACULTY, STAFF and MEMBERS ONLY</u> 1/8 mile indoor walking track</p>	<p>Sarah Schrenk sarahrentz@southalabama.edu 251/272-0399</p>	Yes



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.



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WALKING

An Easy Step Towards Better Health

The benefits of walking:

- Lace up your walking shoes! – Walking can help you achieve or maintain a healthy weight.
- Prevent or manage many diseases, including:
 - Type 2 diabetes
 - Heart disease
 - High blood pressure
 - Osteoporosis
 - And cancers – including breast and colon cancer
- Become stronger from the inside out by gaining muscle and bone strength.
- Improve your balance and mobility.
- Lift your mood and fight off depression.
- Be smarter – some research shows that walking benefits brain health.



Walking tips:

■ **Find a friend (or two, or three, or twenty ...)**

Walking can be a great way to socialize with friends, family, co-workers or neighbors and maybe share a laugh or two to brighten your day. Consider enlisting others and forming a walking group. You can hold each other accountable and encourage one another to keep taking steps towards better health.



■ **Wear the right shoes**

Be sure to buy a comfortable pair of walking shoes that properly fits your feet. Remember to replace them as frequently as necessary. A good pair of walking shoes typically wears out and loses protection after about 500 miles or four months depending on how much you walk and the kind of terrain you cover.



■ **Set goals**

Set weekly or monthly walking goals at www.walkingworks.com. Use a pedometer or GPS walking app to measure distances for mileage goals or simply use your watch to set timed goals. If you want to increase the duration or intensity of your walking workouts, simply challenge yourself to increase your miles or time spent walking by ten percent each week for several months. You might be surprised by how quickly the health benefits start adding up.



- Watch your posture
- Hold your head up high
- Shoulders back
- Swing those arms
- Suck in that gut
- Maintain a comfortable stride – don't overextend!



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