

Meet Jodi



Do What You Wish You Could

For the majority of my life I have sat back and watched as others enjoyed playing on things such as a trampoline, wishing that I could too. But, when you're a morbidly obese individual, that's just something

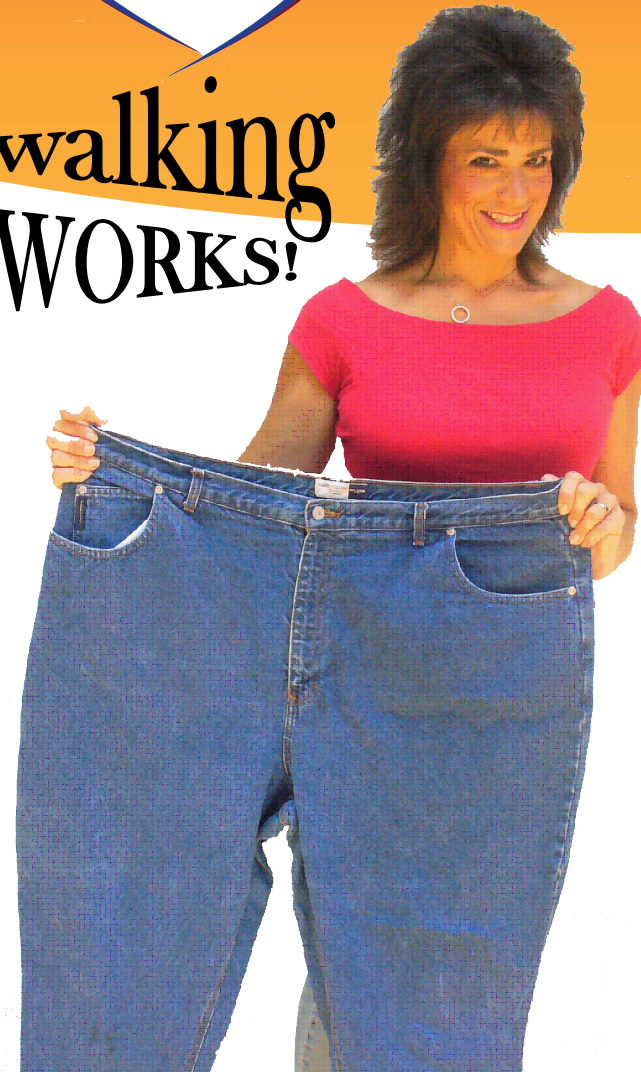
you refrain from. Sure, there were many occasions when I felt like I could join in on the fun. I had the energy and the yearning to do so, but I didn't want to cause the trampoline to break...or be stretched beyond its limits. Things like a front-porch swing, small folding chairs, hammocks, picnic table benches, small boats, aged wooden steps... I often pondered, "Should I or shouldn't I?"

Jodi Davis lost 162 pounds in 16 months and has kept it off for seven years. She credits the change to daily walking and healthy eating. As Blue Cross Blue Shield of Michigan's walking advocate, she wants to help you to do the same.

To learn more about Jodi's experience, and for other helpful tips and blogging opportunities, visit walkytalk.com.



walking WORKS!



QUESTIONS?

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Blue Cross
Blue Shield
Blue Care Network
of Michigan

One step to a healthier YOU!

One Step

One of the best weapons we have in the fight against heart disease is exercise. Regular physical activity helps to control weight; lowers the risk of coronary heart disease, diabetes and certain cancers; contributes to healthy bones, muscles and joints; and reduces symptoms of anxiety and depression.

The hardest - and yet the most important - step is the first step.

Make today the day. Make today the day you take a step to a healthier you.

Join the Run for Your Heart WalkingWorks™ Challenge

Joining is simple and free!

- 1 Google "WalkingWorks" or go to www.walkingworks.com.
- 2 Click on Sign Up and select the Michigan Blue Cross Blue Shield Plan.
- 3 Select the group "Saginaw - Run for Your Heart Community Challenge 2011".
- 4 Select the "Community" team.
- 5 Provide requested information and you are ready to go!

Challenge yourself! Log the highest *total number of miles* during the challenge and we'll make a grant to the non-profit health and wellness cause of your choice. By joining, you are also eligible to receive a \$2 discount on the Run for Your Heart community races in September.

The First Step

While any increase in physical activity helps improve health, it is recommended that adults be active at least 2 hours and 30 minutes a week - 30 minutes or 10,000 steps a day - to produce the best, long-term health benefits.

The MCVI Foundation and YMCA of Saginaw teamed up with Blue Cross Blue Shield of Michigan to help you track your progress through WalkingWorks™, an online activity tracking program where you can set goals and monitor your progress.

Be Who You Want to Be

Walk, run, swim, bike ride or take an exercise class. The choice is yours. Just be sure to make the choice to take care of yourself and your health. 30 minutes a day? You certainly are worth it!

Then join us at the MCVI Foundation and YMCA Run for Your Heart community races with fellow WalkingWorks™ participants.

Organize a team

Exercise is fun with more than one!

Get together a group of 5 or more - friends, family or co-workers - and enter the team challenge. All team members will receive a discount on Run for Your Heart race registrations. A grant will also be made on behalf of the top three teams to the non-profit health and wellness cause of their choice. Winning teams will be determined by the highest *average number of miles* logged per team member during the challenge. Contact the MCVI Foundation at 989.754.SAVE (7283) for details or to register a team.

