



AmeriHealth®

WALKING TOWARDS WELLNESS



Why do you choose to walk?

Dear Participant,

Week #7—You are more than half way finished! Way to go!

This week, take a moment, and reflect on why you choose to walk? When you started the **Walking Towards Wellness** program, you were asked to write in your Tracking Log Why You Choose to Walk. Now, after some weeks, has this changed for you? Was it health reasons before? And now that your health may be improving, do you choose to walk to reduce your stress? Or to just take time for you? Or to enjoy the overall sense of well being?

Whatever your reasons may be for walking, take a minute to write them in your Tracking Log. Also, take time on your next walk to share these reasons with your walking partner!

Always remember, **one step** at a time towards a healthier you!