



Walk your way to wellness

Regular walking is so good for your body and brain. It helps prevent heart disease, stroke and type 2 diabetes. And can also improve your:

- Strength and balance
- Symptoms of depression
- Ability to think, learn and make decisions

Here's how to get started:

- Check with your doctor to make sure moderate walking is safe for you.
- Invest in a good pair of walking shoes.
- Start slowly, doing up to 10 minutes at a time.
- Gradually work up to 30 minutes most days of the week.

Chances are you'll feel great after your daily walk!

Source: [nihseniorhealth.gov](https://www.nihseniorhealth.gov)

➤ September

Healthy aging

For more support, visit myModa, your personal member website. Find tools and resources to help you take care of your health and understand your health plan's benefits.

To log on, go to modahealth.com and follow the steps to create an account.

♥ *get your health on*

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