Instructions:
Step 1: Fold in half.
Step 2: Fold on dotted lines at each end.
Step 3: Tape at bottom.

Experts say that adults should take 10,000 steps and get 30 minutes of exercise every day. Walking is one of the best ways to do that, so let’s get moving!

Step up to better health

Health plans in Washington provided by Moda Health Plan, Inc. 6677179_WA (6/14)
Instructions:
Step 1: Fold in half.
Step 2: Fold on dotted lines at each end.
Step 3: Tape at bottom.

Put your best foot forward

We’re challenging you to step up to better health! Over the next five weeks, make exercise a priority. Go for a morning walk, lap the building during lunch, or hold a walking meeting. Every step counts!

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