

# Small steps can be a giant leap.



**You know the steps to better health; it's just a matter of taking them.**

Making sure you fit in 30 minutes of walking every day now can help decrease your risk for costly health problems down the road. Best of all, other small, simple changes can make a big difference, too. How simple? Very. Get up and move. Take the stairs instead of the elevator. Stand while you're on the phone. Instead of looking for the closest parking spot, look for the farthest. Any extra physical activity you can do will help burn extra calories and make a big impression on your health. **\* That's time well spent.**

Always talk with your doctor before starting a new activity.  
Visit [empireblue.com](http://empireblue.com) to learn more about healthy lifestyle choices like nutrition, weight loss and exercise.

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