

April 4, 2012

Celebrate National Walking Day – April 4

Why walk? The question is – *why not?* There are so many good reasons!

- You already know how to do it
- Chances are, you won't need to buy any new equipment
- Brisk walking is a form of aerobic exercise – so it strengthens your heart, lungs and muscles
- Aerobic exercise also lowers blood pressure, prevents anxiety and depression, and can help you stay at a healthy weight
- Walking is a weight-bearing exercise – so it also helps to strengthen bones and reduce osteoporosis



Live Well

Did you know?
For every hour of very
brisk walking or other
exercise, your life
expectancy increases up
to two hours.

Walking Program – Join the Walking Program (Walker Tracker) and receive a free pedometer. The web-based program includes an interactive portal where you log your walking activity (or other exercise) on a daily basis. You can also take part in periodic walking challenges and competitions with your fellow American Greetings associates and against other company locations.

How do I join? Go to [AGBenefits](#) for all the information on the Walking Program – including a free pedometer. **NEW!** Spouses can also join the program – at no cost – other than buying them a pedometer (you can purchase one at American Greetings for \$20).

Where can I get more information? Go to [AGBenefits](#), your local Human Resources representative, or the Wellness/Consumer Rack at your location.

Go to [AGBenefits](#) for more information about wellness at American Greetings. We look forward to hearing from associates across the Company about ideas, comments suggestions, success stories and information you may want to share regarding our wellness initiatives and how we can best promote a culture of wellness at American Greetings. Email us at: livewell@amgreetings.com.