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**(Neb.)-Walk At Lunch Day To Benefit Game And Parks**



By: Chris Fankhauser Posted at: 04/23/2013 08:55 AM

(Lincoln)-April 24 is National Walk at Lunch Day. Blue Cross and Blue Shield of Nebraska will contribute \$20 to the Nebraska Game and Parks Foundation for each organization that registers to walk. The Foundation will use the money to maintain and expand some of the state's 1,236 miles of trails.

Schools, businesses, organizations and individuals can visit [www.nebraskablue.com](http://www.nebraskablue.com) to register. Participants choose a time and place to walk that is most convenient, perhaps even walking one of the state's many trails. They can even register later in the week, following the walk.

In 2012, nearly 37,000 Nebraskans registered to take a 30-minute walk at lunch. Most walked with their business or school; 366 organizations and 400 individuals from 70 Nebraska communities participated.

Walking is part of a healthy lifestyle that can lower the risk of heart disease, increase weight loss and improve sleep.

(Story courtesy Nebraska Game and Parks)