

>> ((Music under))

>> Allison Sweeny: Hi there! I'm Allison Sweeny and I'm so excited to be a part of this new movement called Walk With Walgreens. As a working mom, with two jobs and two kids I know how hard it can be to make your health a priority. That's why I'm such a fan of the simple act of walking. Walking is easy you can do it anywhere and the health benefits are extraordinary. Not only does walking help lower your cholesterol and blood pressure it can help reduce your risk of disease and manage your weight and improve your mood. Doesn't that sound great? On walgreens.com/walk you will find a community of walkers to support and encourage you. It's a place to set your goals, track your steps and post about your walks. There are even health experts on hand to give advice and tips. Personally, I think focusing on your health should be rewarded and Walgreens has that covered too. The more you participate with Walk With Walgreens the more rewards and coupons you'll earn. Let's get walking! Getting started is easy and worth it. Just click the sign up button and create a profile then log off and go for a walk. This is going to be great and I can't wait to see everyone benefit from this wonderful community. See you next week!

>> ((Music under))