

Walking Informational Websites

UNMC/The Nebraska Medical Center Campus Walking Map

<http://www.unmc.edu/services/bus-fin/fitness/docs/campusmap.PDF>

America on the Move

<http://www.americaonthemove.org/>

N-Lighten Nebraska

<http://www.n-lightennebraska.com/index.sp>

Blue Cross Blue Shield/Walking Works

<http://bcbsne.com/valueblue/walkingworks/>

Nebraska Health and Human services

<http://www.hhs.state.ne.us/hew/owh/walking.htm>

Podiatrist Keep America Walking

<http://www.apma.org/footmonth04.htm>