

It's **easy** to do and **easy** to get started.



"My blood pressure went down and my energy level went up!"



"I feel more 'energized' as a result of walking."

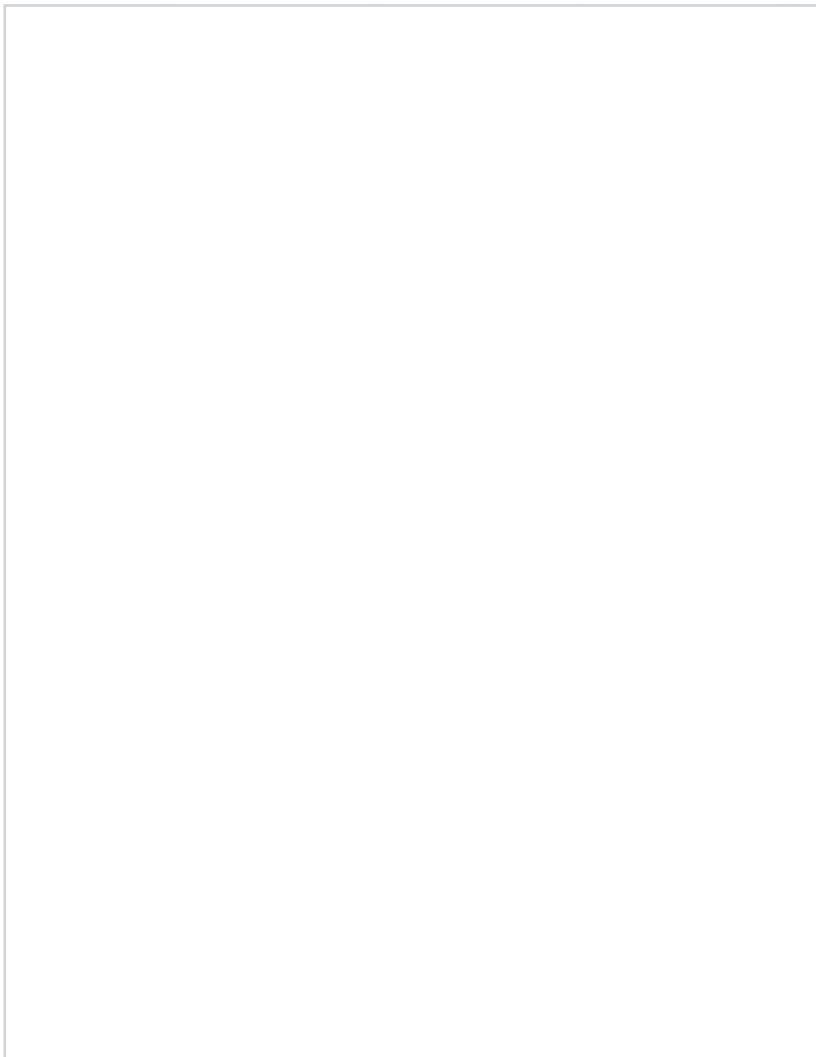


"Having a step goal to reach made me work harder at being active ... I felt more energetic and encouraged about keeping active."



Walk for Better Health

For more information about participating in *Walk for Better Health*:



Walk for Better Health

will help you get moving and work toward your fitness goals.

Why walk?

- Strengthens your heart and lungs
- Strengthens muscles and bones
- Reduces stress
- Improves your overall sense of well-being
- Helps with weight management



All **you** need is a good pair of **walking** shoes.