



**Maine has  
a weight  
problem.**

**These are athletic shoes.**

**Physical  
activity can  
be a flop.**

**Physical  
activity is a walk  
on the beach. A  
stroll around the  
yard. A trip around  
the block. And your  
heart will become  
stronger for it. In  
fact, anything  
you do—no  
matter how  
small—can  
begin to  
improve your  
health. It's that  
simple.**



THIS HEALTHY WEIGHT AWARENESS MESSAGE IS BROUGHT TO YOU BY  
**Healthy Maine Partnerships**  
The people dedicated to helping us live longer and healthier.  
Bureau of Health, Department of Human Services

For more ways to get healthier in your community,  
go to [www.healthymainewalks.org](http://www.healthymainewalks.org)