



**Maine has  
a weight  
problem.**

**This is an exercise machine.**

**Simple  
steps toward  
better  
health.**



**When  
you have the chance,  
take the stairs. Your  
heart will beat faster. Your  
legs will get stronger. And  
your health will start to improve.  
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)