



A winter workout

**Are you enjoying
the ups and downs of winter?**

**Move in
snow
motion**

**Slide down,
climb up, repeat.
It's a great way to
keep moving through
the winter. Because any
physical activity, no matter
how simple, can begin to
improve your health.**



THIS HEALTHY WEIGHT AWARENESS MESSAGE IS BROUGHT TO YOU BY

Healthy Maine Partnerships

Bureau of Health, Maine Department of Health and Human Services

For more ways to get healthier in your community,
go to www.healthymainewalks.org