



Introducing
healthymainewalks.org

This is your pathfinder.

**Take a look,
then take a
walk.**

**Walking is an easy way
to be physically active.
It helps you keep a
healthy weight. It's
great for the heart and
lungs. And it just makes
you feel better.**



THIS HEALTHY WEIGHT AWARENESS MESSAGE IS BROUGHT TO YOU BY

Healthy Maine Partnerships

Bureau of Health, Department of Human Services

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