



Walking works!

Want to do something simple that can make a big difference in your health? Move more!

Take the stairs instead of the elevator. Park a little farther away. Play with the kids or walk the dog. Aim to add more steps and activity to your everyday life. Even small changes can add up to health benefits over time.

Tracking your progress is easy with a pedometer, smart phone app or other fitness tracking device.



MESSA[®]

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800.292.4910

