



These are athletic shoes.

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.

For more ways to get healthier in your community, go to www.healthymainewalks.org or visit www.healthymainepartnerships.org/panp



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