



# 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.

For more ways to get healthier in your community, go to [www.healthymainewalks.org](http://www.healthymainewalks.org) or visit [www.healthymainepartnerships.org/panp](http://www.healthymainepartnerships.org/panp)

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