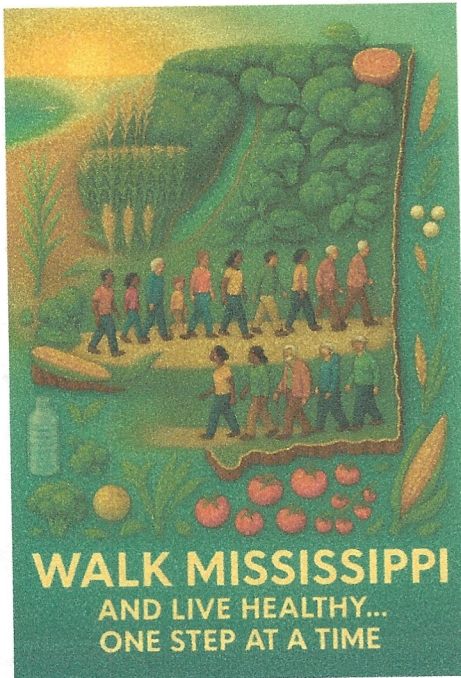


WALK MISSISSIPPI

and Live Healthy ... One Step at a Time

Walk across the great state of Mississippi with us!

Oct. 11–Nov. 21



This virtual challenge asks individuals or teams to walk 180 miles in 6 weeks, or about 8,000 steps per day.

- Get fit and feel better!
- Eat healthier!
- Exercise regularly!

Join our virtual community support group on Facebook and our weekly email list to get

- nutrition tips and recipes.
- fitness tips.
- video demos.



Learn more and sign up at:
msuext.ms/walkms

Regardless of whether you can meet the virtual challenge, you can still participate because all types of exercise count! You'll still be exercising more and eating healthier.

Mississippi State University is an equal opportunity institution.

For disability accommodation, contact walkms@ext.msstate.edu.