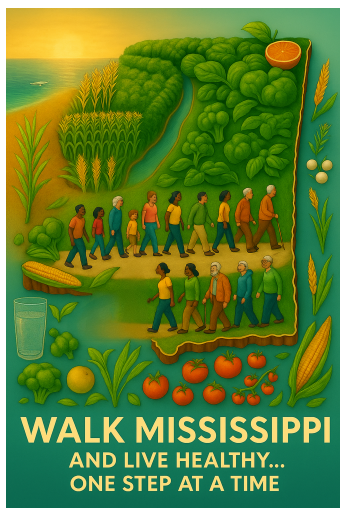


# WALK MISSISSIPPI

*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](https://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](mailto:walkms@ext.msstate.edu).