



## Achievable Dream

This institution is an equal opportunity provider.



**49** **BY THE NUMBERS**  
IN 1900, AMERICANS' AVERAGE LIFE EXPECTANCY WAS 49 YEARS. BY 2007, THE AVERAGE HAD GONE UP TO 78.

## MAKE SOME TRACKS.



Walking -- as far, as often, and as briskly as you can manage -- is quite possibly the single healthiest activity you can do every day. And you only need 30 minutes of vigorous walking to sleep better, reduce stress, increase energy, and tone your muscles, too!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

