

Downtown in motion

*A health initiative
to prevent Type 2 Diabetes*



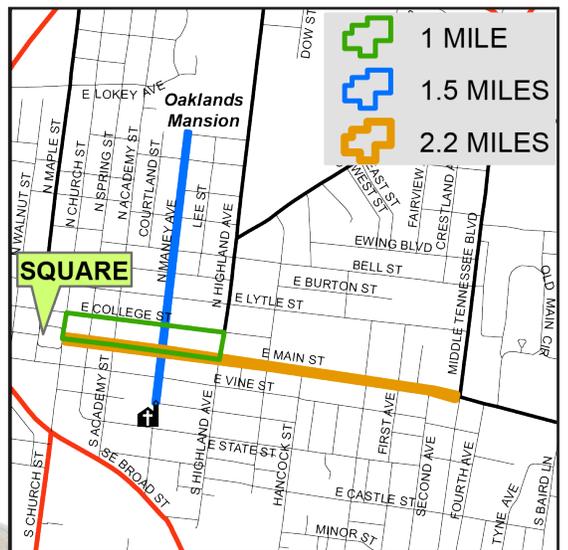
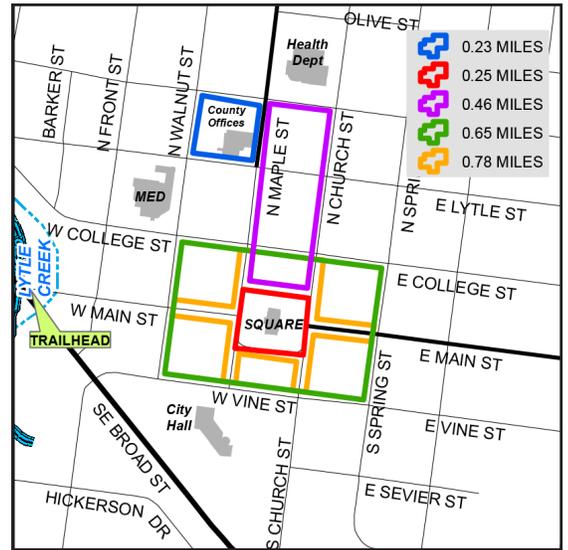
- Gives you a map with measured walking routes.
- Helps you start a downtown walking routine.
- Helps you fight against Type 2 Diabetes.

Start a mileage challenge or weight loss competition today.

- Challenge friends and co-workers, downtown business neighbors or competitors.
- Everyone is at risk. Get up. Be active.
- Challenge yourself and fight to prevent Type 2 Diabetes.

*Walking just 30 minutes per day, 5 days a week,
can help prevent Type 2 Diabetes.*

To learn more about Downtown In Motion and preventing Type 2 Diabetes contact: recreation@murfreesborotn.gov



small steps
big rewards
Prevent type2Diabetes

