

Walk 10,000 Steps Every Day!

You could prevent yourself from getting:

- Diabetes
- Hypertension
- Heart Disease
- Stroke
- Amputation
- Foot Disease
- Complications from Diabetes



BIG Rewards:

- Live Longer
- Live Healthy
- Sleep Well
- Good Blood Circulation
- Relieve Stress
- Control Blood Sugar Level
- Control High Blood Pressure



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