

Mission In Motion

Health & Wellness
Tip of the Week
Week 45



November 4, 2013

Walk off your weight. A 200-pound person who starts walking a mile and a half a day and keeps eating the same number of Daily calories will lose, on average, 14 pounds in a year.

Source: University of California, Berkeley Wellness Letter

Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630

