



# Start Moving, Start Making Changes and Start Living!

Minneapolis-St. Paul International Airport is the official airport sponsor of Start! in the Twin Cities. Nationally Sponsored by SUBWAY Restaurants





The American Heart Association's (AHA) Start! Walking Program and the Minneapolis-St. Paul International Airport (MSP), supported by MSP's SUBWAY restaurant, have joined together to encourage travelers and the airport community to start living healthier, happier, longer lives.

## What Is Start!?

Start! is the American Heart Association's national campaign that calls on all Americans and their employers to create a culture of health and physical activity to live longer, hearthealthy lives by encouraging active, year-round participation in walking.

### **Get Start!-ed**

There are a couple of ways to get started walking here at MSP Airport's Lindbergh Terminal.

- Looking for a short jaunt? Take the 1.4 mile "loop."
   Start your walk at the intersection of the C and D
   concourses and then head down the C concourse or
   through the Airport Mall. (Look for the green Start! path
   on any terminal directory.)
- Or... hop on at any point along the path and walk the loop back around to your starting point.

In just 20 to 40 minutes, depending on your speed, you'll find yourself back where you **Start!-ed.** 

# Look up...

To keep track of your miles, approximately every 0.1 miles look up and you'll see a green dot on an overhead sign that shows your progress around the loop.

### Want more?

Have more time and energy? Check out the additional lengths you can go just by extending your walk into the A, B, E or F concourses.

There's no limit to how far you can go... except of course that connecting flight.

Learn more about the benefits of walking at the AHA's Start! Walking website: www.startwalkingnow.org.

Buy any regular 6" sandwich and a medium drink and receive a second 6" sandwich of equal or lesser value for



No cash value. Not for sale. One coupon per customer per visit. Not good with any other offer or valid on "Big & Hearty" subs. Additional charges for extra cheese. Coupon not valid on Fresh Value Meal™ purchase. Plus tax if applicable. Coupon must be surrendered with purchase. Offer valid only at MSP International Airport. Offer good for travelers only. Proof of travel required. Offer good through 12/31/11.

