

Keeping healthy?

**If only it could
be simpler.**

**Things come up.
Life gets busy.**

**But suppose that a
group of people,
right here in
Greater Portland,
were committed to
making it easier for
you to be active
and eat right.**

**Good idea?
Well...**



Eat right. Be active. Get healthy.
www.letsgo.org

PARTICIPATING COMMUNITIES:

Cape Elizabeth, Cumberland, Gorham, Falmouth, Freeport,
North Yarmouth, Portland, Scarborough, South Portland,
Westbrook, Windham and Yarmouth

LET'S GO! is brought to you by Anthem Blue Cross and Blue Shield,
Hannaford Bros. Co., Maine Medical Center, MaineHealth,
TD Banknorth, United Way of Greater Portland and Unum.



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LET'S GO! is about giving everyone the chance to enjoy an active, healthy lifestyle.

LET'S GO! is a five-year effort led by seven local companies to help families and individuals keep healthy through simple steps.

Here's what LET'S GO! wants to do:

- Work with schools to increase physical activity and healthy food choices.
- Work with communities to increase the number of walking trails.
- Work with businesses to encourage their employees to be more physically active every day.
- Work with healthcare providers to educate patients about 5-2-1-0.

To make all this happen, we're going to work with health professionals, physicians, nutritionists, coaches, physical education teachers, families, businesses and municipal officials from 12 Greater Portland communities.

Look for LET'S GO! and our mascot. See it and learn about eating right and being active.

