



**Prepare Yourself for  
the Course Ahead**

When it comes  
to being active,  
**every little  
step makes  
a difference.**

**Navigator Trail**

**Be Well™ Baytown**

 **LEE COLLEGE**

The Lee College Navigator Trail is supported by Be Well™ Baytown. Be Well Baytown is an initiative of The University of Texas MD Anderson Cancer Center sponsored by ExxonMobil.

**Prepare Yourself for  
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Daily walks will  
clear your **mind**  
and improve  
your **mood**.

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**Prepare Yourself for  
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**Start a healthy  
habit by moving  
more every day.**

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**Anyone can  
move toward  
a healthy habit.**

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**Prepare Yourself for  
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Start small  
adding more  
steps to your  
day, and then  
**keep it up.**

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**Prepare Yourself for  
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**Walking with  
friends is good  
for your body  
and mind.**

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