

How many  
muscles  
does it take  
to walk?

One - your heart!



**MDA**

**MUSCLE** walk™

To find your local  
Muscular Dystrophy Association  
Muscle Walk, please visit  
[mda.org/musclewalk](http://mda.org/musclewalk)  
or call (800) 572-1717.

**Make a Muscle. Make a Difference.®**