

MARK TRAIL

Discovers
**THE TREASURE OF
HEALTHY
LIVING**



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DISCOVERS**

**THE
TREASURE
OF HEALTHY
LIVING**

by Mitch Zytnowski
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*A gift to the children of Muscatine
on behalf of*

*The Healthy Living Festival
and
Keep Muscatine Beautiful*



Mark wasn't feeling well so he went to the doctor for a check up.

Mark wasn't very young any more. He was a grandpa now, with gray hair and bones and joints that squeaked when he walked.

The doctor told Mark that his heart was very sick.



He said, "Mark, years of eating the wrong things and not getting enough exercise have made your heart work too hard."

"If you don't change your ways, your heart will stop working altogether."

This made Mark sad... and scared.

The doctor said, "You need to be more active and not eat all that junk food!"



Mark knew the doctor was right. You see, when he was a little boy, Mark loved to run and jump and play sports every day.

He even secretly loved all the fresh fruits and vegetables his mother made him eat.

And back then, he felt really good.

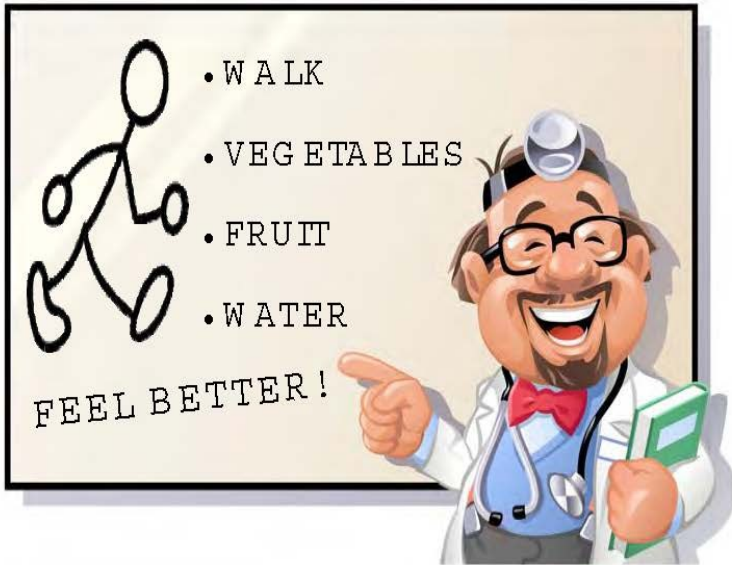
But since he became a grown-up, he stopped running and jumping. He was too busy to play sports and thought he was way too old to play games.



To make things worse, fast food and junk food were everywhere, and always seemed quicker and easier to get than healthy food, fruits and vegetables.

"I know you're right," Mark said, but I'm too old and too busy to exercise and eat right. What can I do?"

"Mark, every little bit helps and it's never too late to start," the doctor said.



"Try walking a little bit every day. Eat a little bit less every day, and make sure you get plenty of fresh fruit and vegetables. And drink lots of water."

"That's it?" Mark asked.

"Yes, Mark. Start doing a little bit every day and before you know it, you'll be doing a lot. And you won't even have to think about it."

So Mark did.

He went for a walk every day.

At first, he couldn't go very far because he would get out of breath and his legs would hurt.

But after a few weeks, he could walk a mile, then two miles, then five miles.





He stopped drinking soda pop and drank water instead.

He stayed away from fast food places at lunch time and brought a salad and fresh fruit to work instead.

Every day during his lunch hour, Mark would walk at least a mile and took another walk every evening.

Mark made a lot of little changes and almost like magic, they added up to a big change in the way he felt.



He told people he felt like a kid again, and when he walked all the cool trails in his town, he pretended to be an explorer, just like he did when he was a little boy,

Even though it was pretend, Mark really did discover new and wonderful places.



Mark even dressed like an explorer.

He wore a wide brimmed hat to protect him from the sun and he carried a little knapsack on his back filled with water bottles and healthy snacks he would share with the other nice people he met on his adventures.



Because Mark was on the trails so much, the other walkers, runners and bike riders called him Mark Trail.

Mark learned that many of them started walking, running and biking because of their poor health, and each of them learned that being more active and eating better made them feel better and younger too.

They had discovered healthy living.

"Wouldn't it be nice if everyone could feel this good?" Mark asked one friend.

"Yes," she said.

"But I don't think everyone even knows these trails are right here in their own backyard."

"We should spread the word," another one spoke up.

Mark said. "We could have a healthy party and invite everyone to come explore healthy living in their own backyard."

"We could call it the Healthy Living Festival!"



Mark and his friends were excited now and started to make a plan.

They discovered that besides the trails, there were lots of other healthy activities in their town.





They asked people who taught fitness and exercise programs if they would let everyone try them out for free.

They asked people who know about healthy food to show people how to make healthier meals.



They asked
medical
and safety
professionals
to share their
knowledge.



They asked the bike club to lead a bike
ride and the running club to lead the
walkers and runners.



They found other fun things for families and kids to do and brought them to the city parks.



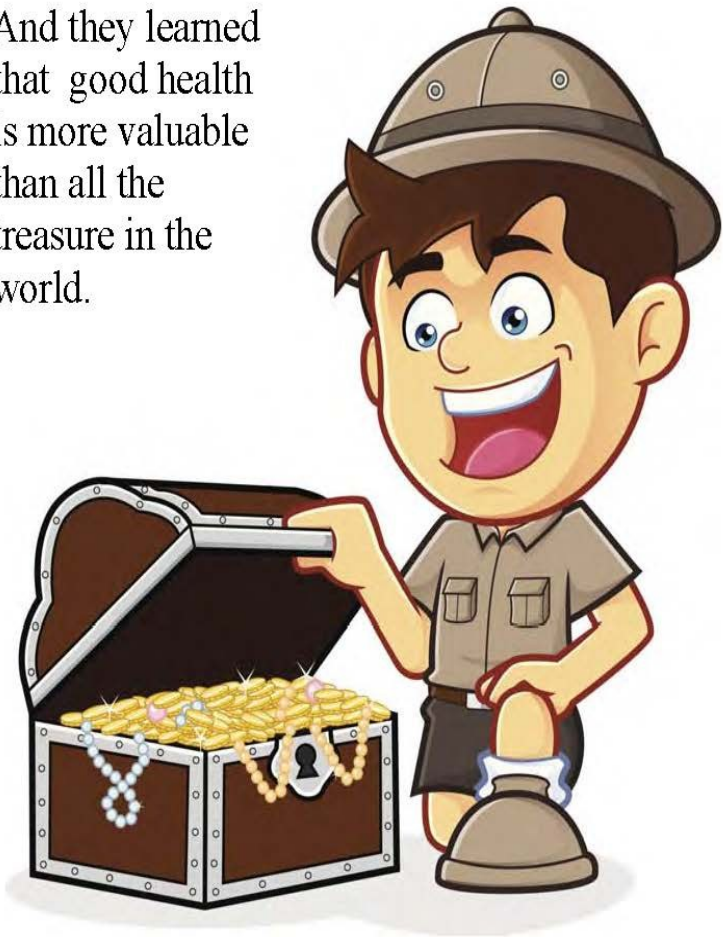


They even got some golf carts and drivers to show people where the trails are and where they go.

On the day of the festival, many people came to see what all the fuss was about and they learned what Mark and his friends learned.

They learned that being active and eating right is the secret to Healthy Living.

And they learned that good health is more valuable than all the treasure in the world.



HEALTHY TRAILS FOR YOU

Sing to the tune of "Happy Trails"

Healthy trails for you
they've built them everywhere
Healthy trails for you
but you might not know they're there.

Put on your shoes and walk or run or bike 'em
take my advice, I know you're gonna like 'em
Healthy trails for you, and they're made to share.

Healthy trails for you
you'll find them here and there
Healthy trails for you
it's a family affair

Just grab your kids, your father and your mother
and put your foot out one in front of the other
Healthy trails for you, and they're made to share.

Healthy trails for you
and now you are aware
Healthy trails for you
so get out of your chair

It doesn't matter if you're eight or eighty
they're made for boys and girls and men and ladies
Healthy trails for you, and they're made to share.

