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Man Walks 50 States Promoting Health

Lincoln, NE

Studies show the obesity rate in America is on the rise, but one man is touring the country raising awareness of the need to exercise.

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Studies show the obesity rate in America is on the rise, but one man is touring the country raising awareness of the need to exercise and Wednesday he is in Nebraska. Font Size: [A](#) [A](#) [A](#)

Stanley Bronstein has battles obesity his entire life until one day he decided to start walking. Since 2009 he has walked more than 4100 miles and lost more than 100 pounds.

Bronstein calls himself the Warrior Walker and is using his tour to visit universities to urge students to exercise.

"I think the younger we start the better off we are" Bronstein said. "I think student are out future. I look back at my college days and I am enjoying these campuses and getting my message out to people."

Bronstein believes walking 30 minutes everyday could solve America's health problems.

"In America was talk about health care health care health care, but everything we talk about is focused on what to do once we are sick," Bronstein said. "I believe we need to talk about what to do to not get sick in the first place. And I know I feel like I'm in the best shape of my life and I want to help other people."

Bronstein is walking 5 hours on each campus he visits. He will be at Iowa State next.

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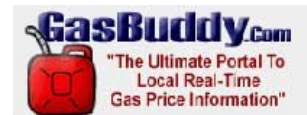
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