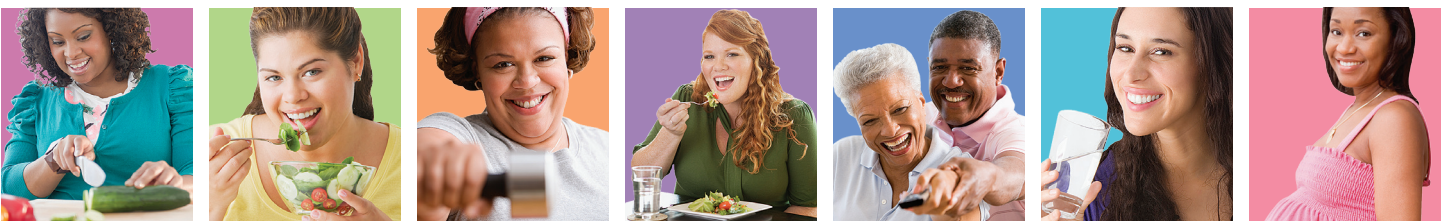


# What can you do to support Eat Smart, Move More NC?

**E**at Smart, Move More North Carolina is a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray. Getting involved is easy. You can become part of the solution. Joining the movement is a great way to get started. Listed below are actions that you or your organization can take to support this movement. As a member, you can decide what level of involvement works best for you. Simply choose two to three actions to take over the next year.

- Review North Carolina's Obesity Prevention Plan, identify how your organization contributes to obesity prevention and communicate this with pride to your co-workers and partners.
- Attend Eat Smart, Move More NC meetings to network with others who work in the area of obesity prevention.
- Promote the Eat Smart, Move More NC key messages as part of your comprehensive worksite wellness program.
- Co-brand your organization's efforts with the Eat Smart, Move More NC logo.
- Use the Eat Smart, Move More NC Partner Presentation when presenting about obesity. Download the presentation at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).
- Provide a link to [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com) on your website, and download tools and resources for your organization to use.
- Add the tag line: "[Organization name] is proud to be an Eat Smart, Move More NC partner organization: [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)" to your email signature.
- Recruit new partners to join the movement.
- Learn about the recommendations in the Eat Smart, Move More NC Policy Strategy Platform.
- Encourage members of the public to visit [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com).
- Improve your organization's internal practices or policies to promote healthy eating and physical activity among employees, constituents, etc.



For more information visit [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).