

What can your organization do to support Eat Smart, Move More NC?

Eat 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 Leadership Team is a great way to get started. Listed below are actions that your organization can take to support this movement. As a member of the Leadership Team, you can decide what level of involvement works best for your organization. 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 employees and partners.
- Attend Eat Smart, Move More NC Leadership Team meetings to network with other organizations who work in the area of obesity prevention.
- Promote the Eat Smart, Move More NC key messages with your employees 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.
- Provide a link to www.EatSmartMoveMoreNC.com on your Web site, 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" to your email signature.
- Recruit new partner organizations to join the Leadership Team.
- Learn about the recommendations in the Eat Smart, Move More NC Policy Strategy Platform.
- Encourage members of the public to visit 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.