

# I WILL MOVE MORE!

EMPOWER YOURSELF.



## Don't sweat it – you can do it!

Walk, jog or go for a bike ride with the kids – just get your heart pumping at least 30 minutes a day. Can't squeeze in 30 minutes? Break it up into 10 minute intervals, 3 times a day to fit your schedule better. It all adds up. Get moving and make small changes that can have a big effect on your life.

**Remember: 30 minutes a day is all it takes. So start today!**

*For more ways to get and stay active, visit: [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com)*



RIGHT SIZE  
YOUR  
PORTIONS

**MOVE  
MORE**

WATCH  
LESS TV

EAT MORE  
FRUITS  
& VEGGIES

PREPARE  
MORE MEALS  
AT HOME

DRINK MORE  
WATER