

I WILL MOVE MORE!

EMPOWER YOURSELF.



Don't sweat it – you can do it!

Walk, jog or go bike riding with the kids – get your heart pumping at least 30 minutes a day. Try 10 minute intervals, 3 times a day to fit your schedule better. Get moving and make small changes that can have a big effect on your life.

For more ways to get and stay active, visit:

www.MyEatSmartMoveMore.com



MOVE
MORE

RIGHT SIZE
YOUR
PORTIONS

WATCH
LESS TV

EAT MORE
FRUITS
& VEGGIES

PREPARE
MORE MEALS
AT HOME

DRINK MORE
WATER