

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:

MyEatSmartMoveMore.com