

I WILL MOVE MORE!

EMPOWER YOURSELF.

Don't sweat it – you can do it!

Break a sweat and get your heart pumping by walking, jogging or even playing with the kids 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. Then twice a week, add muscle strengthening activities like weight lifting or push-ups – different activities bring different benefits. **Remember: 30 minutes a day is all it takes. So start today!**

For more ways to get and stay active, visit: www.MyEatSmartMoveMore.com



RIGHT SIZE
YOUR
PORTIONS

MOVE
MORE

WATCH
LESS TV

EAT MORE
FRUITS
& VEGGIES

PREPARE
MORE MEALS
AT HOME

DRINK MORE
WATER