



I WILL MOVE MORE!

EMPOWER YOURSELF.

Don't sweat it – you can do it!

Break a sweat and get your heart pumping at least 30 minutes a day. Try 10 minute intervals, 3 times a day to fit your schedule. Add muscle strengthening activities – weight lifting, or push-ups – different activities bring different benefits!

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