



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. Twice a week add muscle strengthening activities – weight lifting or push-ups – different activities bring different benefits!



For more ways to get and stay active, visit:

MyEatSmartMoveMore.com