



I WILL WATCH LESS TV!

EMPOWER YOURSELF.

Time to turn off the TV or computer and get active.

Americans spend on average 3 to 4 hours a day watching TV. Instead, spend that time doing something for yourself and your family – walk, jog, bike or play. Just have fun and get active!

Find more tips at: www.MyEatSmartMoveMore.com



WATCH
LESS TV

MOVE
MORE

DRINK MORE
WATER

EAT MORE
FRUITS
& VEGGIES

PREPARE
MORE MEALS
AT HOME

RIGHT SIZE
YOUR
PORTIONS