



I WILL WALK MORE!

WALK MORE.
CONNECT MORE.

**Make it fun,
make it happen –
you can do it!**

Invite a neighbor or your partner for an after-dinner walk, take care of weekend errands with your family on foot, or start a casual walking group with your coworkers. Along the way, you'll build strong bonds and memories. **Walk more, and start feeling the benefits today.**



For more ways to get and stay active, visit:

MyEatSmartMoveMore.com