

# I WILL MOVE MORE!

MOVE MORE. CONNECT MORE.



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

We all know that going for a walk is one of the best ways to stay healthy. It's also one of the best ways to connect with others. By walking or wheeling together, we get to catch up and refresh our minds, and the physical benefits add up too. Invite a neighbor or your partner for an after-dinner walk, or start a casual walking group with your coworkers. ***Move more, and start feeling the benefits today.***

***For more ways to get and stay active, visit: [MyEatSmartMoveMore.com](http://MyEatSmartMoveMore.com)***



MOVE  
MORE

RIGHT SIZE  
YOUR  
PORTIONS

WATCH  
LESS TV

EAT MORE  
FRUITS  
& VEGGIES

PREPARE  
MORE MEALS  
AT HOME

DRINK MORE  
WATER