

A photograph of a man in a wheelchair being pushed by two women. The man is wearing a light blue button-down shirt and brown pants. The woman in front is wearing a blue button-down shirt and a necklace. The woman behind is wearing a purple top and sunglasses. They are all smiling and appear to be walking outdoors.

I WILL MOVE MORE!

**MOVE MORE.
CONNECT MORE.**

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

Invite a neighbor or your partner for an after-dinner walk, or start a casual walking group with your coworkers. Along the way, you'll build strong bonds and memories. **Move more, and start feeling the benefits today.**



For more ways to get and stay active, visit:

MyEatSmartMoveMore.com