



I WILL WALK MORE!

WALK MORE.
CONNECT MORE.

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

Gather up the kids and walk to school, run errands on foot, or turn a walk into a nature or history exploration. Along the way, you'll build strong bonds and memories with your kids. **Walk more, and start feeling the benefits today.**



For more ways to get and stay active, visit:

MyEatSmartMoveMore.com