

I WILL MOVE MORE!

EMPOWER YOURSELF.



Don't sweat it – you can do it!

Walk, jog or go for a bike ride with the kids – just get your heart pumping at least 30 minutes a day. Can't squeeze in 30 minutes? Break it up into 10 minute intervals, 3 times a day to fit your schedule better. It all adds up. Get moving and make small changes that can have a big effect on your life.

Remember: 30 minutes a day is all it takes. So start today!

For more ways to get and stay active, visit: www.MyEatSmartMoveMore.com



RIGHT SIZE
YOUR
PORTIONS

MOVE
MORE

WATCH
LESS TV

EAT MORE
FRUITS
& VEGGIES

PREPARE
MORE MEALS
AT HOME

DRINK MORE
WATER