

# I WILL MOVE MORE!

EMPOWER YOURSELF.



## Don't sweat it – you can do it!

Walk, jog or go bike riding with the kids – get your heart pumping at least 30 minutes a day. Try 10 minute intervals, 3 times a day to fit your schedule better. Get moving and make small changes that can have a big effect on your life.

*For more ways to get and stay active, visit:*

[www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com)



MOVE  
MORE

RIGHT SIZE  
YOUR  
PORTIONS

WATCH  
LESS TV

EAT MORE  
FRUITS  
& VEGGIES

PREPARE  
MORE MEALS  
AT HOME

DRINK MORE  
WATER