

COMING SOON!

# Smart Steps TO GOOD HEALTH

This **challenge** will help you take easy steps toward a **healthier YOU** by increasing your **daily** physical activity.

**NO EXERCISE INVOLVED. JUST MOVE MORE**

Sign Up for Smart Steps begins on \_\_\_\_\_

The Challenge will begin on \_\_\_\_\_

and end on \_\_\_\_\_

Don't be left out! Join the **FUN**  
Gain more **energy** and **feel better!**

For more information about Smart Steps, contact the activity coordinator

\_\_\_\_\_

at \_\_\_\_\_

This activity is presented by your Worksite Wellness Committee

North Carolina  
**HEALTH**  
*Smart*