

# I WILL WALK MORE!

WALK MORE. CONNECT MORE.



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

We all know that walking is one of the best ways to stay healthy. It's also one of the best ways to connect with others. Invite a neighbor or your partner for an after-dinner walk, take care of weekend errands with your family on foot, or start a casual walking group with your coworkers. ***Walk more, and start feeling the benefits today.***

***For more ways to get and stay active, visit: [MyEatSmartMoveMore.com](http://MyEatSmartMoveMore.com)***



MOVE  
MORE

RIGHT SIZE  
YOUR  
PORTIONS

WATCH  
LESS TV

EAT MORE  
FRUITS  
& VEGGIES

PREPARE  
MORE MEALS  
AT HOME

DRINK MORE  
WATER