

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



MOVE
MORE

RIGHT SIZE
YOUR
PORTIONS

WATCH
LESS TV

EAT MORE
FRUITS
& VEGGIES

PREPARE
MORE MEALS
AT HOME

DRINK MORE
WATER