



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. There never seems to be enough time to enjoy friends and family. By walking together, we get to catch up and refresh our minds, and the physical benefits add up too. 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. Along the way, you'll build strong bonds and memories.

Walk more, and start feeling the benefits 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