

# 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 with our children. By walking with them, we get to catch up and refresh our minds, and the physical benefits add up too. Gather up the kids and walk to school, run errands on foot, or turn a walk into a nature or history exploration. Along the way, you'll build strong bonds and memories with your kids.

**Walk more, and start feeling the benefits today.**

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



RIGHT SIZE  
YOUR  
PORTIONS

MOVE  
MORE

WATCH  
LESS TV

EAT MORE  
FRUITS  
& VEGGIES

PREPARE  
MORE MEALS  
AT HOME

DRINK MORE  
WATER