

MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. With motivation, dedication and great foot support, your small daily steps can add up to huge strides. Let your feet take you places you never thought possible!



Source: <http://www.purdue.edu/walktothemoon/activities.html>

EAT SMART ADD COLOR **MOVE MORE** BE WELL

For more ways to add activity to your life, visit
HEART.ORG/MOVEMORE

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- 10 minutes of stretching is like walking the length of a football field
- 2.5 hours of walking every week for a year is like walking across the state of Wyoming
- 30 minutes of singles tennis is like walking a 5K
- 1 hour of dancing every week for a year is like walking from Chicago to Indianapolis
- 20 minutes of vacuuming is like walking one mile
- 30 minutes of grocery shopping every other week for a year is like walking a marathon

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