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!

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

EAT SMART  ADD COLOR  MOVE MORE  BE WELL

Sources: http://www.purdue.edu/walk悌shomeon/activities.html

FOR MORE WAYS TO ADD ACTIVITY TO YOUR LIFE, VISIT HEART.ORG/MOVEMORE

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