

“Move More”

www.move-more.org



Your doctor told you exercise could really help reduce your risk for chronic disease, and you keep thinking, “How can I find the time and the motivation?”

You exercise some but you know it’s not enough.

Just 150 minutes a week can decrease your risk for chronic disease. You can do it!

The Move More Project can help by providing you with free pedometers and other helpful resources.

*For more information about
Move More, call
474.7473, 621.3741, or 872.4102*