LET’S MOVE MORE ALL MONTH LONG

Take a stand! (Literally.) Walk and talk! Do lunges at lunch! Simple steps can make a big difference. Join us on a journey to move more during the month of April.

JOIN THE MOVEMENT!

Date: __________________________
Time: __________________________
Location: _______________________
Details: _______________________

Join the movement at heart.org/MoveMore

EAT SMART    ADD COLOR    MOVE MORE    BE WELL