

MOVING MORE, EVERYDAY, EVERYWHERE

Make active choices during your day...



Take a walk
(10 minutes)



Choose the stairs instead
of the elevator (5 minutes)



Park farther away
and walk (5 minutes)



Dance with your
children (10 minutes)

Move more

NC STATE

EXTENSION

Community & Clinical
CONNECTIONS
for Prevention & Health
Branch NORTH CAROLINA
DIVISION OF PUBLIC HEALTH