

MOVE

CONSISTENT DAILY MOVEMENT
is associated with



**SCHEDULE
TIME**



**PACK A BAG
AHEAD
OF TIME**



**MAKE AN
UPBEAT
PLAYLIST**



**GET A
WORKOUT
BUDDY**



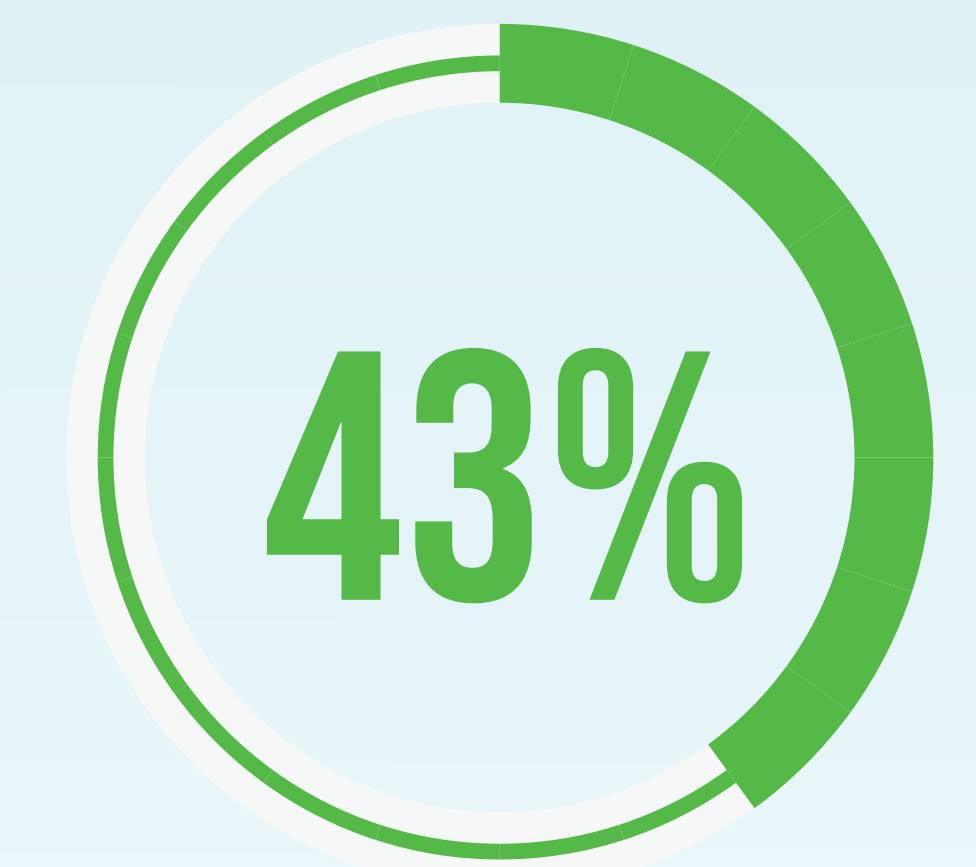
**START
SMALL**



DECREASE IN BREAST CANCER



DECREASE IN DIABETES



MORE LIKELY TO AGE GRACEFULLY

DAILY AIM
10,000 steps

WEEKLY AIM
150 minutes of
moderate-intensity
exercise

