

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

Source: <http://www.purdue.edu/walktothemoon/activities.html>