



- Take the Move More Challenge:
- > Grab some coworkers and form a team of six.
 - > Choose a team captain and name.
 - > Use your pedometer to record your steps for five weeks.
 - > Convert other activities to steps using the Step Converter.
 - > Report your steps to your team captain every week.

Step up
to better
health

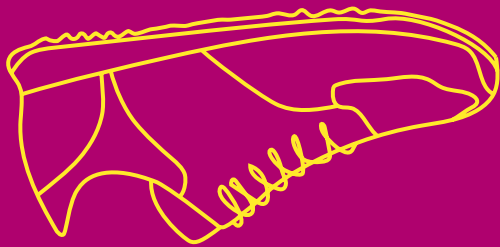


Experts say that adults should take 10,000 steps and get 30 minutes of exercise every day. Walking is one of the best ways to do that, so let's get moving!



Instructions:

- Step 1: Fold in half.
- Step 2: Fold on dotted lines at each end.
- Step 3: Tape at bottom.



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Put your
best foot
forward



We're challenging you to step up to better health! Over the next five weeks, make exercise a priority. Go for a morning walk, lap the building during lunch, or hold a walking meeting. Every step counts!



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