



## YOU'VE GOT TO MOVE IT, MOVE IT

Get moving and be more active!

### BENEFITS

- Weight loss/maintenance
- More energy
- Stronger, healthier heart
- Strong muscles & bones
- Stress relief

### MOTIVATION

- >Walk your family pet or donate your time to a shelter
- >Family bike ride
- >Run/walk/climb for a cause
- >Find a workout buddy

### WAYS TO MOVE

- Walk during your lunch break and invite a co-worker
- Take the stairs whenever possible
- Set realistic goals
- Park the car towards the back of the parking lot
- Stretch your upper body at your desk

**\*Remember: Small changes make big differences! \***

Created by Northern IL Univ. students