

Health in Motion!



Physical activity will
add **years** to your life,
and **life** to your years.

MAKE 
HEALTHY
HAPPEN
MIAMI

www.healthymiamidade.org



Health in Motion!



Small steps make a **BIG** difference.

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Health in Motion!



No waiting!

A few steps over
<-- nearest stairwell

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Health in Motion!



No waiting!

A few steps over
nearest stairwell -->

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Burn **calories**, not kilowatts.

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Raise your fitness level,
one step at a time.

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Change happens
one step at a time.

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Choose Health!
Feel Better!



The first wealth is health.

~Ralph Waldo Emerson

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Choose Health!
Feel Better!



Save  and 

Plan ahead and pack
a healthy lunch!

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Choose Health!
Feel Better!



Try your favorite ***fruit*** as a
delicious break time snack!

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Choose Health!
Feel Better!



Include a **red, orange or dark green** vegetable in your meal.

Spice it up!

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***Choose Health!
Feel Better!***



Try a whole grain ***alternative*** to a traditional favorite.

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Choose Health! *Feel Better!*

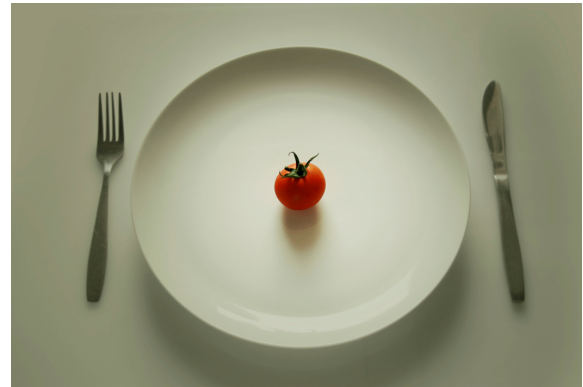


Look for ***low-fat*** options and ***skip*** the solid fats and hydrogenated oils

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Choose Health!

Feel Better!



Mind your portion size!

Check out **ChooseMyPlate.gov** for info
on healthy eating and portion sizes

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Choose Health!
Feel Better!



Skip sugar-sweetened beverages and
choose water, 100% juices (not from
concentrate) or low-fat milk

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