Health in Motion!

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

MAKE HEALTHY HAPPEN MIAMI

www.healthymiamidade.org

Picture(s) from 2003 Microsoft Word Clip Art
Health in Motion!

Small steps make a BIG difference.

www.healthymiamidade.org
Health in Motion!

No waiting!
A few steps over
<-- nearest stairwell

www.healthymiamidade.org
Health in Motion!

No waiting!
A few steps over nearest stairwell -->

MAKE HEALTHY HAPPEN MIAMI

www.healthymiamidade.org
Health in Motion!

Burn calories, not kilowatts.

www.healthymiamidade.org
Health in Motion!

Raise your fitness level, one step at a time.

www.healthymiamidade.org
Health in Motion!

Change happens one step at a time.

MAKE HEALTHY HAPPEN MIAMI

www.healthymiamidade.org
Choose Health!
Feel Better!

The first wealth is health.
~Ralph Waldo Emerson

www.healthymiamidade.org
Choose Health!  
Feel Better! 

Save and Plan ahead and pack a healthy lunch! 

www.healthymiamidade.org
Choose Health! Feel Better!

Try your favorite fruit as a delicious break time snack!

www.healthymiamidade.org
Choose Health!  
Feel Better!

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

*Spice* it up!

[Image of various vegetables]

[Logo for Make Healthy Happen Miami]

[Website: www.healthymiamidade.org]
Choose Health!
Feel Better!

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

www.healthymiamidade.org
Choose Health!
Feel Better!

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

[Image of healthy food]

**MAKE HEALTHY HAPPEN MIAMI**

www.healthymiamidade.org
Choose Health!  
Feel Better!

Mind your portion size!
Check out ChooseMyPlate.gov for info on healthy eating and portion sizes

www.healthymiamidade.org
Choose Health! 
Feel Better!

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

MAKE HEALTH HAPPEN MIAMI

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