

MAKE/MOVE EVERY/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

