



EMHS move and improve! SM

March 2 through May 24

12 week program

Program Goals

You must be active for eight of the twelve weeks at one of the goal levels listed below:

30 minutes per day
four days per week *

OR

30 minutes per day
five days per week *

OR

45 minutes per day
five days per week *

Are you ready to
get on the path
toward wellness?

Sign up today for this
FREE physical
activity program!

How it works!

1. Register online at www.moveandimprove.org
2. Be physically active for a minimum of eight to twelve weeks
3. Track your progress on your physical activity log or online log.
4. Record your results online by June 9, 2008 and be eligible to win a prize
5. Enjoy your improved level of health

For more information,
please contact your
site coordinator below
or Nicole Hammar,
coordinator for Move and
Improve, at 973-7245.

Online, go to www.moveandimprove.org
and click on the contacts
section.

Site coordinator

Phone number

e-mail address

TOGETHER We're Stronger