

This product was developed by the Move More program at MaineGeneral Health in Waterville, ME. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.

"Move More"

www.movemore.org



You can prevent diabetes and other chronic diseases by taking walking breaks and doing walking meetings at work.

Keep track of your minutes!

We have pedometers and other tools to help you.

We can help you get started!

***For more information about
Move More, call
555-5555***