

# MAKE/MOVE EVERY/COUNT

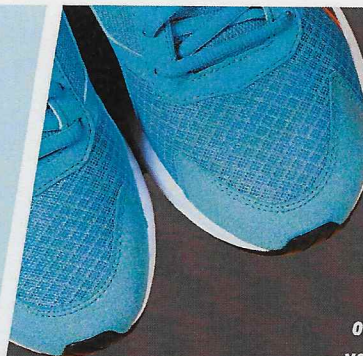
When you Move More every day, you can reach some pretty big goals over time. With motivation, dedication and great foot support, your small daily steps can add up to huge strides. Let your feet take you places you never thought possible!



**10**

**Minutes**

*of stretching is like walking  
the length of a football field*



**2.5**

**Hours**

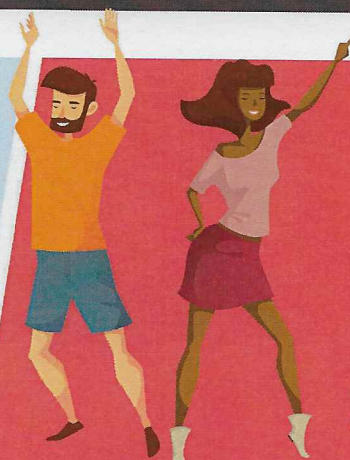
*of walking every week for a  
year is like walking across the  
state of Wyoming*



**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 to  
walking one mile*

**30**

**Minutes**

*of grocery shopping every other week  
for a year is like walking a marathon*

