

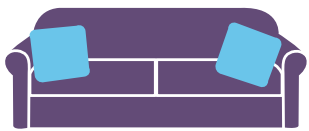
# Move More

thismove

vs.

thatmove

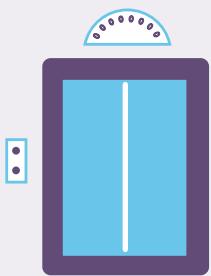
Circle the healthier move



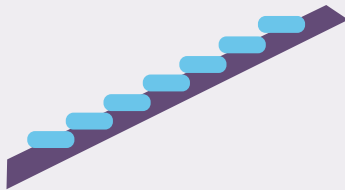
sit on a couch



ride a bike



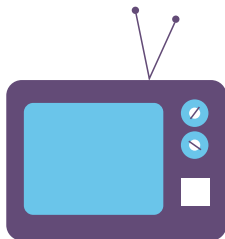
take the elevator



climb the stairs



change TV channels  
with a remote



get up and  
change channels



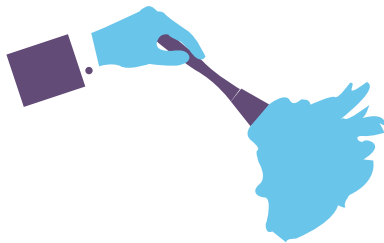
Pick up food at  
the drive-thru



eat fruits and veggies



let your parents  
clean your home



do your own household  
chores

Source: Blue Zones Home Checklist

Get your body in motion. Park farther away.  
Trade in power tools for hand tools. Get a dog.  
Find ways to **Move More** everyday.

