

Eat Smart

Move More

Orange County



consistent messaging

campaign

toolkit

Developed by Healthy Carolinians of Orange County
Health Promotion Committee
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Eat Smart, Move More Health Tip



Choose to Move More Every Day

Physical activity is essential for all of us. Children, adults and seniors can benefit from moderate activity every day. Take a walk with a friend, take the stairs instead of the elevator, or work in your yard. Dancing works too and is great fun! Thirty minutes or more of motion for adults and 60 minutes for children on most days can help keep you in shape and feeling good. Can't find a 30 minute chunk of time? Break it up throughout the day.

For more tips on how to move more every day where you live, learn, earn, play and pray, visit

www.EatSmartMoveMoreNC.com



This message brought to you by

Choose to Move More Every Day



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Key Messages

- Move more every day to achieve and maintain a healthy weight.
- Move more, one step at a time.
- The more you move, the better for you.

Objectives

Participants will be able to:

1. Understand the importance of physical activity for good health and for achieving and maintaining a healthy body weight.
2. List strategies to increase physical activity.

Suggested Strategies

1. Organize a lunch walkathon.
2. Promote a different physical activity each week. Examples: Take the Stairs Week, Walk to Lunch Week, Yoga After Work Week.
3. Organize a community service day that involves physical activity. Examples: work in a community garden, Habitat for Humanity, volunteer at a food bank.
4. Create a walking challenge between different sections. The team with the most steps/miles logged at the end of the challenge wins. Visit www.eatsmartmovemorenc.com for walking logs. Winners will get an Eat Smart, Move More *Whiz Ring* or *Go, Slow, Whoa* card.



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Choose to Move More Every Day Materials

Use the following materials to communicate messages about moving more every day. Documents provided are reproducible and can be modified to meet the needs of your organization or audience.

★ *Starred handouts are available in Spanish*

- **Activities to Remember** - Individuals and families can use this handout to list indoor and outdoor activities they enjoy or would like to try during the week.
- **Healthy and Strong** - Getting in shape is gradual and walking is a great way to start the process. Individuals and families can use this handout to keep track of daily fitness walks over a 3-week period.
- **Moving More Everyday, Everywhere** - This handout offers easy tips on how a person can add physical activity to his or her day. ★



ACTIVITIES TO REMEMBER

You know you and your family should move more. Sometimes we forget how much fun it is to play. List the activities you and your family enjoy or would like to try. Use the list to help you plan activities on most days of the week.



Outdoor Activities At Home

_____	_____
_____	_____
_____	_____
_____	_____

Outdoor Activities Away From Home

_____	_____
_____	_____
_____	_____
_____	_____

Indoor Activities

_____	_____
_____	_____
_____	_____
_____	_____

Did you know that moving more does not have to mean organized sports, being part of a team, or going to a gym? Activities can be as simple as taking a walk after dinner, playing in the park or dancing to your favorite songs.



MOVING MORE, EVERYDAY, EVERYWHERE



Getting fit!

The more you do... the better for you!

Moving more everyday

The More You Do, the Better for You

Physical activity is not an all or nothing thing. We usually think of spending hours in the gym or running a mile a day when we think of getting fit. Those are not the only ways to be active. You are in control of how much you do. This means you are in control of how great you will feel.

WEEK ONE: Walk 15 minutes three days a week

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

WEEK TWO: Walk 20 minutes three days a week

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

WEEK THREE: Walk 25 minutes three days a week

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



MOVING MORE, EVERYDAY, EVERYWHERE

Make active choices during your day...



Take a walk
(10 minutes)



Choose the stairs instead
of the elevator (5 minutes)



Park farther away
and walk (5 minutes)



Dance with your
children (10 minutes)

Move More



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