

I WILL WATCH LESS TV!

EMPOWER YOURSELF.



Time to turn off the TV or computer and get active.

Americans spend on average 3 to 4 hours a day watching TV.
Instead, spend that time doing something for yourself
and your family – walk, jog, bike or play.
Just have fun and get active!

Find more tips at: www.MyEatSmartMoveMore.com

Then turn off the TV or computer and start moving.



RIGHT SIZE
YOUR
PORTIONS

WATCH
LESS TV

MOVE
MORE

EAT MORE
FRUITS
& VEGGIES

PREPARE
MORE MEALS
AT HOME

DRINK MORE
WATER