

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



Your doctor told you to exercise, and you keep thinking, "How can I find the time and the motivation?"

Walking with family or friends can really help you achieve your physical activity goals.

Your family needs you!

Call Move More for some free motivation!

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