

GET MOVING TOGETHER!

Starting a new healthy habit can be challenging, but with family and friends along, it can be a lot of fun! With your friends at your side, **you can** -

- Adopt a new healthier lifestyle!
- Improve your health and wellbeing!
- Increase your physical activity!
- Kick the "couch potato" habit!
- Share your successes!
- Walk through your challenges!
- Motivate one another!



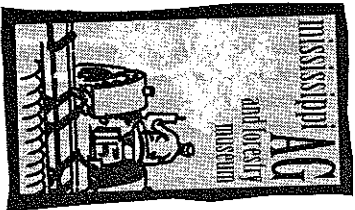
A LITTLE HEALTHY COMPETITION

Be part of something great! Communities all over the state are teaming up to get moving toward a healthier lifestyle.

This 12-week program kicks off with a health fair and information event. While you are there, sign up in a team competition. **Here's what you do:**

- Get one to five people (co-workers, family members, and friends) who want to get moving and live healthier.
- Choose a name for your team.
- Each week, attend an educational session and share the information with team members who could not attend.
- After 12 weeks, teams who meet the physical activity and educational goals will be honored.

44 St. Dominic's



Blue Cross & Blue Shield of Mississippi Foundation

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For more information, contact your county **Extension Service** office.

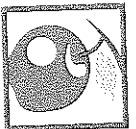
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MISSISSIPPI MOTION



FITNESS * NUTRITION * LIFESTYLE



is a **MISSISSIPPI MOTION** educational program focusing on developing healthy habits for life.

