

MAKE/MOVE + EVERY/COUNT +

When you Move More every day, you can reach some pretty big goals over time. With motivation, dedication and great foot support, your small daily steps can add up to huge strides. Let your feet take you places you never thought possible!



10
Minutes
*of stretching is like walking
the length of a football field*



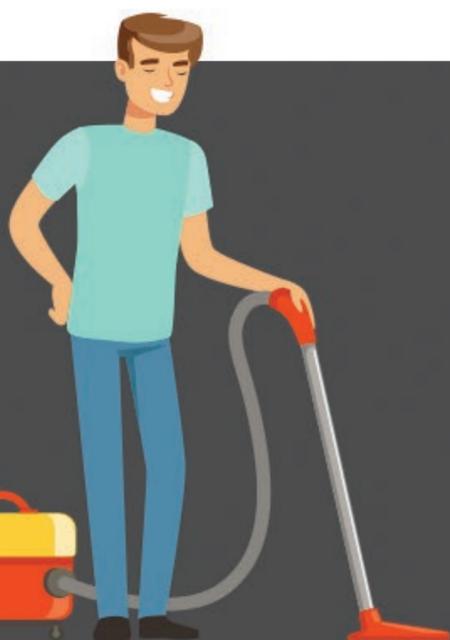
2.5
Hours
*of walking every week for a
year is like walking across the
state of Wyoming*



30
Minutes
*of singles tennis is
like walking a 5K*



1
Hour
*of dancing every week for
a year is like walking from
Chicago to Indianapolis*



20
Minutes
*of vacuuming is like
walking one mile*

30
Minutes

*of grocery shopping every other week
for a year is like walking a marathon*

