

# what moves you?



*"For me it's my daughters.  
I want to show them a better way.  
I want to be here for them."*

**get healthy**

**for the people that  
depend on you.**

**Start with exercise.**



**NOTTAWASEPPI HURON  
BAND OF THE POTAWATOMI**  
A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

**MoveMoreNow.org**

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