

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

Made possible with funding from the Centers for Disease Control and Prevention.