

STICK WITHIT



03

get a routine



set a goal

be active

get a routine

increase time

03

Build walking into your routine.

Put it on your calendar. Set goals to increase steps, track your progress in a log, and buddy-up for encouragement. Remember that each step adds up. **STICK WITHIT!**



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

ACTIVATE!
Buffalo County

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