

Make Every Move Count

Moving every day is not only great for your heart, but it can also help you reach some pretty big goals over time. Let these small steps take you to some big places you've never been!



10 minutes of stretching

is like walking the length of a football field.



1 hour of dancing every week

is like walking from Chicago to Indianapolis.



2.5 hours of walking every week

is like walking across the state of Wyoming.



30 minutes of grocery shopping

every other week for a year is like walking a marathon.