

MISSISSIPPI **IN** MOTION



FITNESS ■ NUTRITION ■ LIFESTYLE

MISSISSIPPI IN MOTION
is a **12-week** educational
program focusing on
developing **healthy** habits
for life.

GET MOVING TOGETHER!

Starting a new healthy habit can be challenging, but with family and friends along, it can be a lot of fun! With your friends at your side, **you can** –

- Adopt a new healthier lifestyle!
- Improve your health and well-being!
- Increase your physical activity!
- Kick the “couch potato” habit!
- Share your successes!
- Work through your challenges!
- Motivate one another!

A LITTLE HEALTHY COMPETITION

Be part of something great! Communities all over the state are teaming up to get moving toward a healthier lifestyle.

This 12-week program kicks off with a health fair and information event. While you are there, enroll in a team competition.

Here's what you do:

- Get three to five people (co-workers, family members, and friends) who want to get moving and live healthier.
- Choose a name for your team.
- Each week, attend an educational session and share the information with team members who could not attend.
- After 12 weeks, teams who meet the physical activity and educational goals will be honored.