



**Exercise your feet,
not your fingers.**



**MOVE IT
MONDAY!**
Jump start your week!

**Put down
your mouse,
and put on
your sneakers.**



**MOVE IT
MONDAY!**
Jump start your week!

**Take
your body
for a ride.**



**MOVE IT
MONDAY!**
Jump start your week!

**Put down
your mobile,
and get
mobile.**



**MOVE IT
MONDAY!**
Jump start your week!