

“You can keep yourself moving no matter where you are—for free!”



Elizabeth G.

Working mom
Four kids, ages 12,
16, 20, and 22

Work it Out

Get the people at your work involved. Start a walking group, or take turns bringing in healthy snacks.

Plan Ahead

If you're taking the bus, get off one stop early and walk the rest of the way.

Step it Up

Use the stairs instead of the elevator. This will get your heart pumping. It will keep your legs strong.



For more mom-tested tips and recipes, visit www.CaChampionsForChange.net

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. •California Department of Public Health

