

Move2Health is at it again!

What is Move2Health?

It's a community campaign to get us all living healthy lifestyles. The goal for the next challenge - eat five fruits and vegetables every day! Organizations are encouraged to launch activities and challenges to promote employee participation. Individuals may join by signing up at www.Move2HealthCentralVa.org.



Why do we care about people eating more fruits and vegetables?

As part of an overall healthy diet, eating a variety of fruits and veggies can improve your health in many ways by lowering your:

- Risk of developing chronic conditions like heart disease
- Risk of death from all causes, including cancer and stroke
- Blood pressure
- Calorie intake, helping you maintain a healthier weight

Will there be a community-wide kick off?

YES! UVA Baseball Coach Brian O'Connor will kick off the next *Move2Health Challenge* on September 12, 2014 at *Fridays After Five*, nTelos Wireless Pavilion, on the Charlottesville Downtown Mall.

What can I do?

- Join the challenge at www.Move2HealthCentralVa.org
- Ask a friend to sign up with you
- Log the fruits and veggies you eat for a chance to win prizes
- Have fun

**Five Fruits and Veggies Everyday.
Move2Health the Colorful Way!**



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