

# Move Your Way

Get moving 30 minutes - 5 days a week



**RUN**



**CLEAN**



**PLAY A GAME**



**WORK OUTSIDE**



**RIDE A BICYCLE**



**SWIM**



**LIFT WEIGHTS**



**STRETCH**



**WALK A DOG**

Mix up your movement, include aerobic and resistance exercise

Extension  
UtahStateUniversity.



Learn more about  
**SNAP benefits**

