

THE WINCART LET'S MOVE PROGRAM

ACTIVE ADULTS

PACIFIC ISLANDER COMMUNITIES

Getting active is easier and more fun than you may think!

WHAT IS THE WINCART LET'S MOVE PROGRAM?

It's never too late to step into a healthier way of life! The WINCART Let's Move! Program is a fun and innovative program that adds 10-minute exercise breaks into your meeting or workday. This Program guides groups through 10-minute exercise breaks that can be done in a group or personal setting. Engaging in the WINCART Let's Move! Program empowers Pacific Islander and Native Hawaiian adults to get physically active everyday!

WHY THE WINCART LET'S MOVE! PROGRAM?

Pacific Islanders are at increased risk for obesity-related cancers and chronic diseases due to high rates of obesity and low levels of physical activity. It is recommended that adults get 30 minutes of physical activity a day. Participating in physical activity in a group setting can help to jumpstart more regular exercise!

HOW DOES THE WINCART LET'S MOVE! PROGRAM WORK?

A WINCART Community Health Educator will work the site Champion at all participating sites. Champions will be trained to work with the WINCART Let's Move! Resources, so that he/she will be able to implement the 4 Waves of the program.

- 1. Let's Move! Exercise Break DVD
- 2. Policy change around physical activity
- 3. Conducive environment to physical activity
- 4. Identify a Champion

WHAT ARE THE BENEFITS OF THE WINCART LET'S MOVE! PROGRAM

INCREASE energy levels, mood, self-esteem, bone density, and overall health!
DECREASE body fat, blood pressure, urge to smoke, stress & irritability, and harmful effects of prolonged sitting!

Learn the importance of physical activity and well-being!
 Have fun in a group!

Become a catalyst for change in your family and community!

Contact [NAME]
 [email] and [phone]

IS YOUR GROUP INTERESTED?

Move, sweat, & laugh together!

LET'S MOVE!

Being active is easier and more fun when you do it with friends and family!