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. Condusive 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!

**IS YOUR GROUP INTERESTED?**

Contact [NAME] [email] and [phone]