

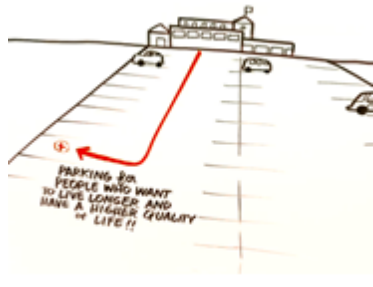






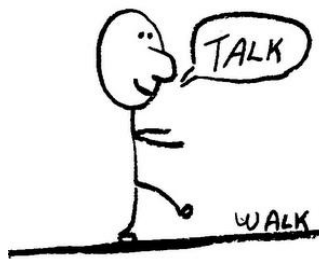



HEALTHY FAMILIES COACH

Tweak the week calendar

	Wash the car by hand		Park further away		Get off the bus a stop early	
Get off the couch to change the channel		Break up your sitting time		Move objects away from your desk		Walk to the shop
	Bike instead of driving		Take the stairs		Do the gardening	
Take the stairs instead of lift		Have a walking meeting		Walk to pass on a message		Do the housework

What one activity could do to tweak your week?

What activity can I do to get me huffed and puffed when:

I'm short on time?	It's too dark?	It's wet or cold?	Anytime?