
Why Movin' Communities?

- ☀ **To encourage people to get out and be more active!**
- ☀ **Obesity rates have risen 33% in the last 10 years. It's time to get off the couch and get movin'!**
- ☀ **1 in 3 adults is considered obese.**
- ☀ **Almost 30% of children are overweight or in danger of becoming overweight.**

**Exercise improves
self-esteem!**