



# Eat Well, Move More



*Eat Well, Move More* is a 20-minute DVD. It shows you how to eat healthy and be more active every day.

The DVD helps you learn:

- how much physical activity you need every day;
- safe ways to stretch, climb stairs, and walk;
- ideas for eating more fruits and vegetables; and
- how to make meals using foods from gardens and farmers' markets.

You can play this DVD at home, work, church, and other places. Learn to eat healthy, be active, and have fun with your friends and family!

To find recipes and ideas for being active, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).



This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).