



**LET'S MOVE**

# *Faith & Communities*



## *Take Action*

**3**

Start moving by launching *Let's Move!* activities to improve the wellness of your community!

## *Organize*

**2**

Identify a Wellness Ambassador and direct them to create and lead a Wellness Council or Ministry. Empower them to implement wellness initiatives.

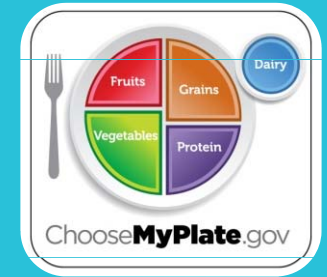
## *Lead*

**1**

Establish that wellness is a priority for your organization and provide leadership through consistent messaging.

## Healthy Eating

- Use MyPlate for your community and congregational meals
- Host nutrition education classes



## Affordable, Accessible Food

- Grow healthy food for your community by starting a garden
- Feed kids over the summer



## Physical Activity

- Host a weekly exercise activity for your community or congregation

Ready to get started? Visit  
[www.letsmove.gov/communities](http://www.letsmove.gov/communities)