

Membership Card

AMERICA ON THE MOVE IN FORT WAYNE

Name: _____

I am choosing to follow America On the Move
healthier lifestyle choices. I am choosing to
partner with local companies who support
America On the Move.



America On the Move Pledge

I choose to follow AOM principles to take action and:

- Add an extra 2000 steps (15-20 minutes) or its equivalent to my day
- Eat 100 fewer calories by making smart food choices

When I take 2000 steps, I'll have walked approximately 1 mile and burned about 100 calories. By shaping a balance between the amount of energy I burn and the amount of food I eat, I will be doing my part to enhance my health and prevent weight gain. I make this pledge as a commitment to my well-being and to a healthier Fort Wayne.

www.americaonthemove.org

800.807.0077