



Health Is More Than... How you move

How you move matters **way less than just moving.**

Find ways of moving that bring you **joy and get you excited**, as these contribute greater to overall health and well-being.



For more information,
scan the QR Code

- **Too much** movement can hurt us. **Not enough** movement can hurt us too.
- Find movement you love! Dancing, running, sports, walking, or something else. Movement we enjoy is the best movement for us.
- Make sure you **get enough rest**. We move best when we are rested.

If you see this poster,
snap a picture and tag
us! @the_nedic



Eating Disorders
Awareness Week
#EDAW2026