HealthIsMore 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





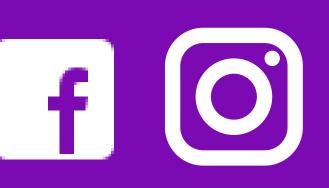




- Too much movement can hurt us. Not enough movement can hurt us too.
- Find movement you love! Dancing, running, sports, walking, or something else. Movement we enjoy is the best movement for us.
- Make sure you get enough rest. We move best when we are rested.

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







Eating Disorders Awareness Week #EDAW2026