

# Little Steps to Being Active

## Take your first step today



### Swap this



### For this



### Better still this

SATURDAY	SUNDAY
AM - Wash the car	AM - Walk around to Sue's house
PM - Family trip to the park	PM - Take the family out on the bikes

For more little steps to Being Active visit: [www.littlesteps.eu](http://www.littlesteps.eu)

