

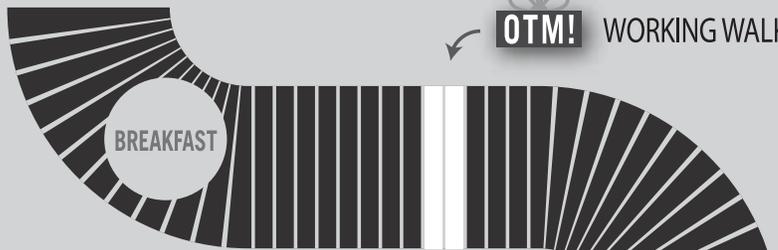
START
of your day



IT'S YOUR MOVE!™

GIVE YOURSELF THE GIFT OF MOVEMENT:
DISCOVER THE HIDDEN
OPPORTUNITIES TO MOVE ("OTMs") IN YOUR DAY...

WAKE UP



BREAKFAST

OTM! WORKING WALK

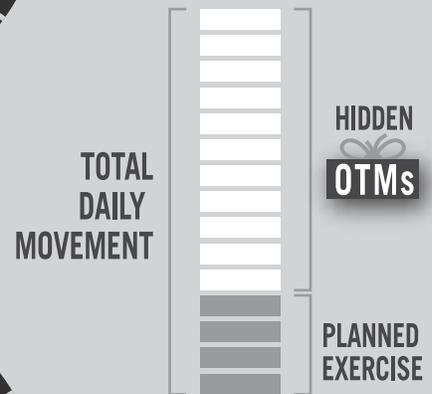
OTM! TAKE THE "LONG CUT"



LUNCH

OTM! FRIEND FITNESS

IT ALL
ADDS UP!



PLANNED EXERCISE SESSION

OTM! BOOGIE BREAK



DINNER

OTM! FAMILY FUN

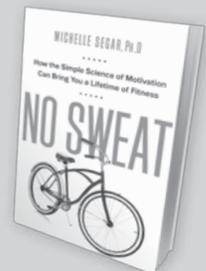
OTM! CLEANING CALISTHENICS

BEDTIME



END
of your day

As seen in...



www.MichelleSegar.com