

# America is On the Move... are you?

Develop a healthier, more energetic lifestyle by making 2 minor changes: moving 2000 more steps, and eating 100 fewer calories each day. Once you join, explore the America On the Move website: log your activity and track your progress, learn from news and informative articles, and find healthy recipes.

**Your group Registration Code: RDE63350**

To join **America On the Move**, complete the following instructions:

1. Go to [www.americaonthemove.org](http://www.americaonthemove.org)
2. Click "**Join Now**"
3. Select "**Individual**" registration
4. Use Registration Code: **RDE63350**
5. Follow the instructions on the screen to complete your registration

