



Healthy



Moves



Healthy Moves

A Guide Developed To Encourage Healthy Lifestyles

Nutrition Education Programs
University of Illinois Extension

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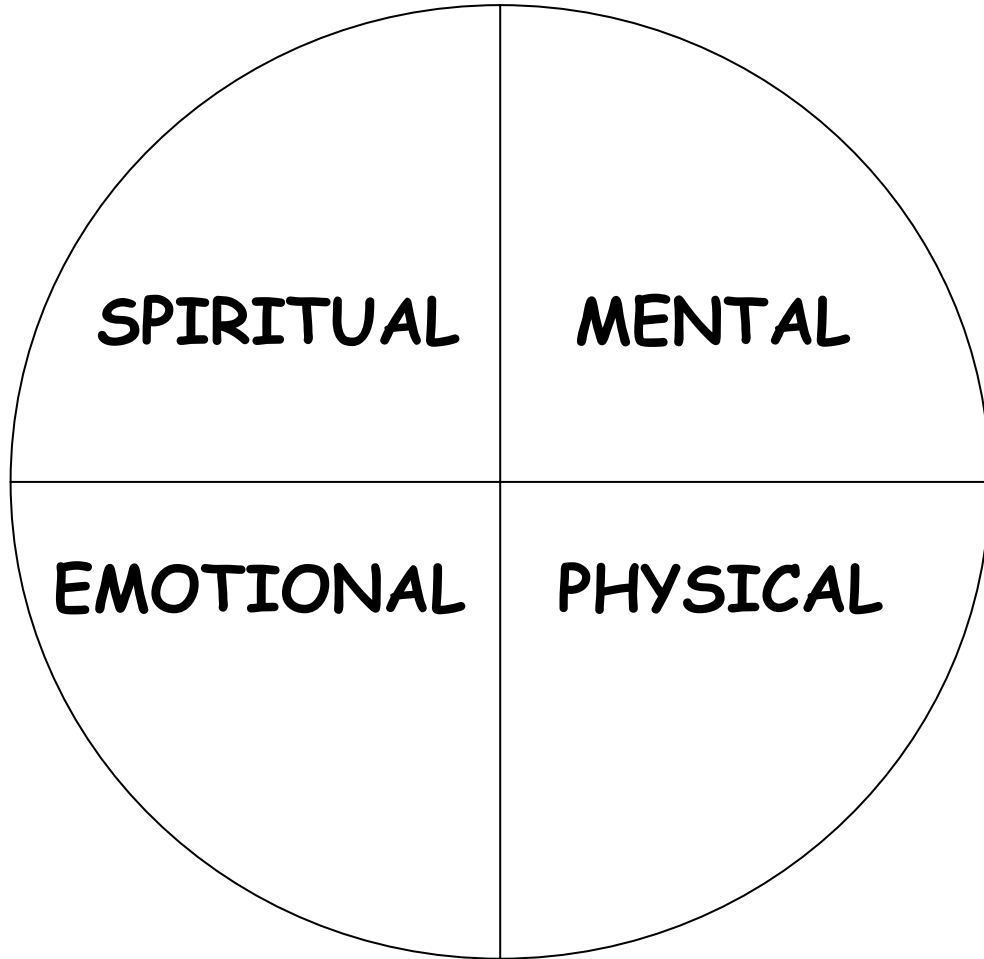
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WELLNESS CIRCLE*



* Adapted from "Healthy Start", Standing Rock Sioux Tribe.