

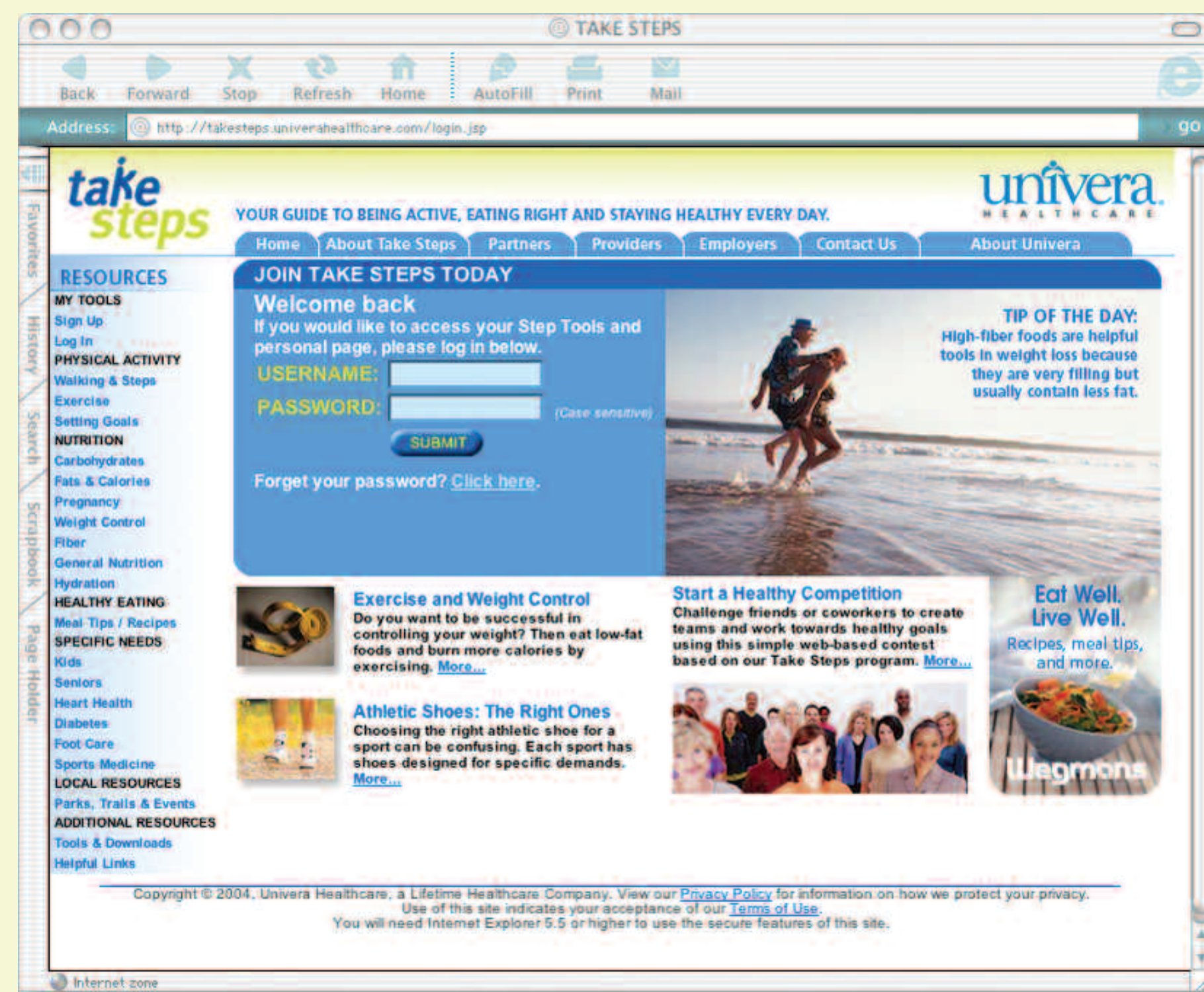
take steps

3 simple steps for creating a healthier you.

1

VISIT THE TAKE STEPS WEBSITE

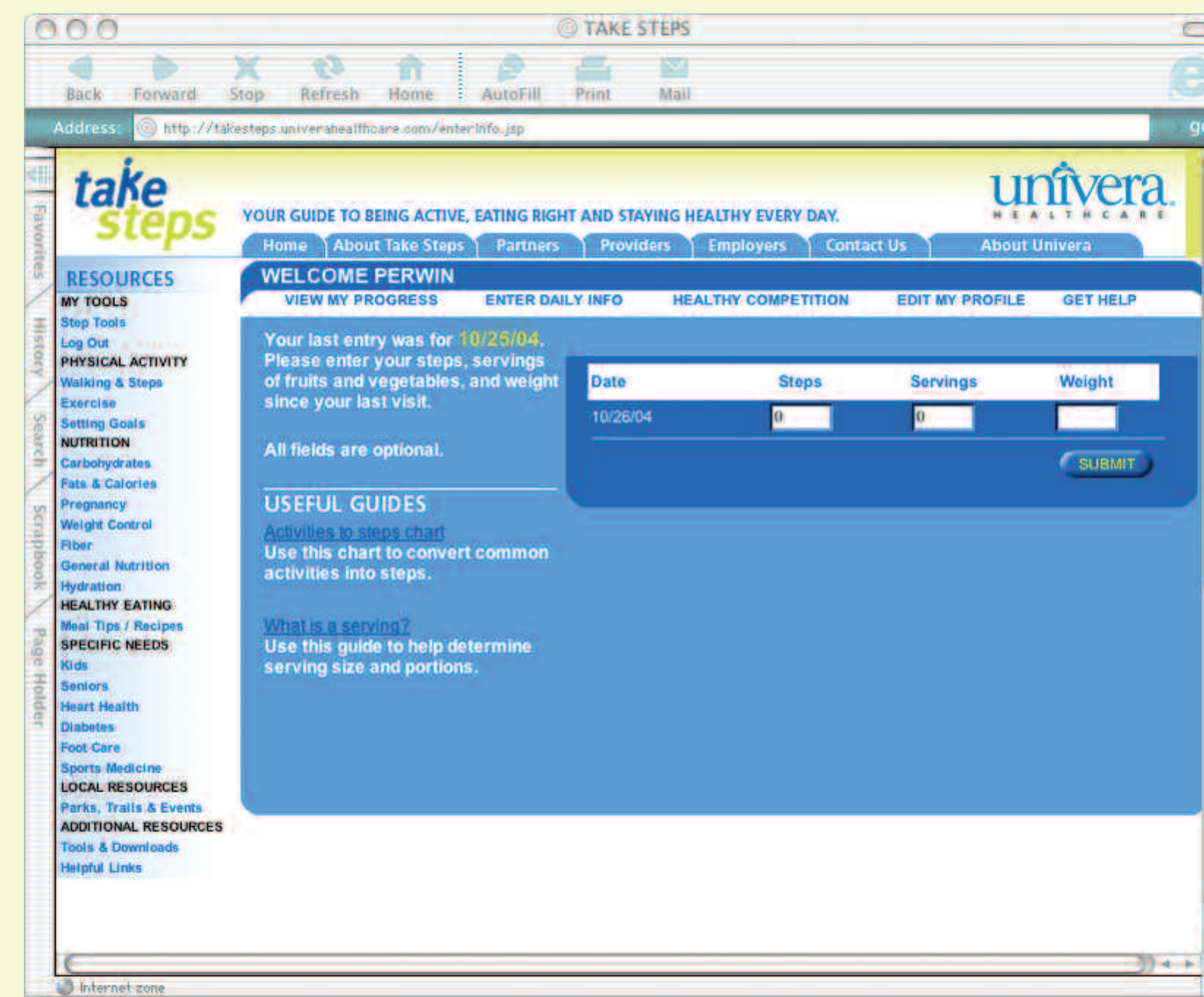
Here you'll find everything you need to start living healthier including activities, recipes, resources for kids and seniors and fun things to get your friends, family or organization living healthier, too.



2

SET UP YOUR PERSONAL PROFILE

Just answer a few questions about your diet and activity level. We'll then create a webpage to assist you in keeping track of your healthy goals.



3

YOUR PERSONAL TAKE STEPS PAGE

Track your progress in reaching your goals. Also use it to enter your daily steps and servings for the Take Steps program and Take Steps Healthy Competition.

