



C-FB ISD Council  
**PTA**<sup>®</sup>  
everychild.one voice.<sup>®</sup>

# Move More

## District-wide Walk-a-thon

# April 4, 2018

CFBISD is committed to health. Join the walk. \*

A collage of images related to physical activity: a person's feet in sneakers on a path, a person riding a bicycle on a dirt road, a soccer ball on a field, and a person's feet on a skateboard. The text "little steps big gains" is prominently displayed in white on a dark background. Logos for the American Heart Association and "Healthy For Good" are visible. At the bottom, there is a red banner with the text "#HealthyForGood" and a black box with the text "EAT SMART. ADD COLOR. MOVE MORE. BE WELL.".

little steps  
big gains

American Heart Association Healthy For Good™

This month we will **MOVE MORE** and get Healthy For Good!

EAT SMART.  
ADD COLOR.  
**MOVE MORE.**  
BE WELL.

#HealthyForGood

\* For each school: Pick a time and place to do a 15-minute walk on April 4, 2018. Take a picture of the walking group and email it to Kim Ly at [HealthyLifestyles@cfbpta.org](mailto:HealthyLifestyles@cfbpta.org). Contact Kim Ly for questions about the event.