

Stand Up & Move More

A **FREE** health education workshop for adults age 55+



Get off the couch!
Get motivated!
Be more active!
YOU CAN DO IT!

- **Stand Up & Move More** is a four-week health education workshop
- Meetings are 1.5 to 2 hours
- The program involves: taking the workshop, assessments, providing feedback, and attending a refresher meeting at 8 weeks
- Set goals with specific strategies for standing up and moving more
- Join in group discussions and learn from your peers
- Learn about the health benefits of sitting less

**Receive up to a \$50 gift certificate
for completing the program & assessments**

Do you have any questions? Are you interested in participating?

Then call:



Vilas County Commission on Aging
Amie Rein, Health and Wellness Coordinator
(715) 479-3625 or 800-374-1123

or

The University of Wisconsin-Madison at (608) 262-4234

Stand Up & Move More is part of a research study being conducted by the University of Wisconsin-Madison.
Stand Up & Move More is not a fitness program, but rather a health education program.

