



MORE MOVEMENT

SLEEP AND RUN

We can all use a little motivation when it comes to getting active and something as simple as leaving your running shoes by your bed can help remind you to get moving as soon as you wake up. Why not start by using our fun shoe mat? Just place it by your bed and put your shoes on it when you go to bed at night so that you can see them every morning and remember to get active. It's so easy the whole family can do it!

NESTLÉ for
HEALTHIER KIDS 

How it works:

- 1 Print out the shoe mat and place it beside your bed.
- 2 Place your running shoes on mat before bed.
- 3 Wake up. Grab your shoes. Get moving.



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