



Welcome to the 2021 GET MOVING Challenge!

- The main purpose of the Get Moving Challenge is to encourage participants to increase their exercise to at least 150 minutes of moderate physical activity each week as recommended by the American Heart Association and many other health organizations. This is so good for physical health but also good for our mental and emotional well-being as we recover from the ongoing COVID-19 pandemic and its effects on our lives.
- Use the Get Moving Log to track your **minutes** of movement and submit it weekly using our [online form](#) (preferred method) or email your minutes to jfluty@emhealth.org, or drop off at the Wellness Center (write on paper and drop in box). Weeks run Sunday through Saturday and minutes should be submitted by noon on the following Tuesday to be eligible for that week's prize drawings. We still accept minutes after the Tuesday deadline so you will still be eligible for the free t-shirt at the end of the challenge.
- Everyone who completes the challenge with at least 5 weeks of minutes will receive a free GET MOVING t-shirt.
- You will receive an email newsletter with challenge updates, information on the healthy concepts of the week and healthy recipes. If you do not receive an email within 1 week of joining the challenge, please contact us. Hard copies of the newsletter will also be available at McDowell Wellness Center.
- This Spring we encourage you to share your experiences and pictures on our Facebook event pages. You can find this by going to Ephraim McDowell Health on Facebook and clicking on "Events". We will also include a link each week in our newsletter and we will challenge you to complete an activity of some kind and post a picture about it. Anyone who posts at least four times on our Facebook Event pages will be placed in our **Grand Prize drawing** at the end of the challenge. We will also post Get Moving updates and prize winners on Facebook.
- Visit www.dbfky.com for a calendar of local races that may be of interest. Danville Bike and Footwear has been a reliable sponsor of the Get Moving Challenge over the years. Please show support for them!