

Welcome to the 2024 GET MOVING Challenge!

The Main Goal is to Get Moving!

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 year, we also want to focus on the mental health benefits of physical activity and other healthy habits.

Track your Minutes of Physical Activity & Submit Weekly

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.

Free T-shirt!

Everyone who completes the challenge with at least 5 weeks of minutes will receive a free GET MOVING t-shirt.

Share Your MENTAL HEALTH STRATEGIES & TIPS and be entered in our Grand Prize Drawing

One of the goals of the Get Moving Challenge is to build a sense of community so we love when participants share their ideas and successes with others. This year we want you to share your Mental Health Strategies & Tips. Share a picture or just tell us about something that you do to help reduce stress or cope with issues or generally help to maintain a positive outlook. We will have health topics in our newsletter each week so it would be great if you shared ideas related to the topic(s). You can share it directly to our facebook event page for the week or email to jfluty@emhealth.org. **These will be shared, so please don't send anything you do not agree to share publicly.**

A link will be provided each week in our newsletters or you can find it in the [Events section of the Ephraim McDowell Health Facebook page](#). Those who share/post at least 4 times throughout the challenge will be placed in our grand prize drawing.

Weekly Newsletters

You will receive an email newsletter with challenge updates, information on mental health and healthy recipes. We will also email results of prize drawings. 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.