



The 2025 Get Moving Challenge is a celebration of 10 years of Keeping Fitness Fun! We hope you find ways to enjoy exercising as you track your minutes of physical activity and submit them each week to be eligible for weekly prizes and a free t-shirt.

- Individuals or teams of any fitness level can participate. The main purposes of the team are encouragement and accountability; you do not have to exercise as a team.
- Register online through the link on our website mcdowellwellness.com. Registration forms can also

be picked up at McDowell Wellness Center or printed from our website.

- Weekly communication and tips, including healthy recipes, will be shared with participants.
- Registration forms can be dropped off at McDowell

Wellness Center before the kick-off, at the kick-off or within the first week of the challenge.

- Free Get Moving t-shirt for all participants who submit at least 5 weeks of minutes.
- Pre-registration is encouraged.



Kick-Off the Challenge:

Join us April 13 at 3 p.m. with our Keeping Fitness Fun 5K Millennium Park Rotary-Kroger (large) Shelter

Show us how you have fun while walking, running, jogging, skipping, etc. The 5K will not have official chip timing but we will recognize overall top male and female finishers and winners in other categories such as Best Team Theme, Best Display of "Fun", Fastest Over 50, Largest Family Representation, Most Unique Costume, "Put Me on TikTok" Award, and more.