

Get Moving 2026

The 2026 Get Moving Challenge is about Moving at Every Age & Stage. We want **everyone** to participate and find ways to incorporate physical activity in any form. It's good for us physically, but movement also brings us together, sparking joy and camaraderie. So grab your friends and family, old and young, big and small, and join us in this challenge.



- This is a free six-week challenge beginning April 19.
- Track your minutes of physical activity and submit them weekly to be eligible for weekly prizes.
- Everyone who completes the challenge with at least five weeks of submissions earns a free t-shirt
- Visit McDowellWellness.com for more details about the challenge and to access the **online registration** form or scan the QR Code
- You will receive weekly newsletters with challenge updates as well as health and wellness information and healthy recipes.
- Newsletters will feature articles on women's health called "The Unbreakable Corner", which will focus on nutrition & exercise for perimenopause, menopause & beyond (based on the book, *Unbreakable* by Vonda Wright, MD).
- Weekly mini challenges will focus on different aspects of movement such as cardio, strength, agility, balance & flexibility.
- Get Moving Instructions & logs may be picked up at the Kick Off or at McDowell Wellness Center beginning April 1.



Just Get Physical Kick-Off Event: Sunday, April 19 at Millenium Park Kroger-Rotary (Large) Shelter
2:30 pm: All Ages All Stages Bike Ride- a gentle family/group bike ride on a short, traffic-free route. Join us on bikes, trikes & adaptive tricycles.
3:00 pm: Fun 2 mile walk/run with a variety of activities throughout the course
Pre-diabetes screening available (first 50 screened receive a free t-shirt).
*80's workout attire encouraged but not required.

Registration

Name: _____ Gender: _____ Age: _____

Team Name, if applicable: _____

(The purpose of a team is to support & encourage each other; you do not have to exercise together)

Free T-shirt size Youth: YS YM YL Adult: S M L XL 2X 3X 4X 5X 6X (circle one)

(Unisex sizing but this year's shirt runs a little small)

Make mine a tank top for \$6 (no Sponsors on back)

Phone: _____ Email: _____ (You will receive weekly email newsletters. If you do not receive one within the first week of the challenge, contact jfluty@emhealth.org)

Did you participate in any of the previous Get Moving Challenges? _____ Yes _____ No
EMH Associate? _____ Yes _____ No Wellness F.I.R.S.T. participant? _____ Yes _____ No

Do you give your permission for your name and/or picture to be shared with others via social media, newsletters and future marketing materials? _____ Yes _____ No

Do you have comments or suggestions for this challenge or future challenges?

Waiver: I recognize that the Danville/Boyle County Get Moving Challenge is offered through McDowell Wellness Center and is a voluntary program that may involve strenuous activity. Any injuries that I may sustain are not the responsibility of McDowell Wellness Center. I assume the risk for any injury that may occur to me while participating in the program.

Signature _____

Parent/Guardian Signature (if participant is under 18) _____

For Data Collection Purposes (Please circle all that apply)

Which best describes your current activity level?

rarely exercise exercise occasionally exercise regularly train or compete

No purposeful exercise but I walk a lot at work & home Other: _____

Why are you participating in this challenge?

Improve health/energy Lose weight Build strength Reduce pain or stiffness Social connection/fun

Stay independent as I age Wellness FIRST requirement Other: _____

What activities interest you most?

Walking Running Cycling Swimming Fitness classes Gym workouts Sports

Stretching/Yoga/Pilates Rehab/guided exercise Family activities

Other: _____

What barriers to physical activity do you face?

Time Motivation Pain/injury Not sure where/how to start Cost Transportation

Other: _____

Return registration and waiver by Sunday, April 19 to McDowell Wellness Center, 1107 Ben Ali Drive, Danville, KY 40422. Fax: (859) 238-0171 or email to jfluty@emhealth.org