



# *Minutes in* **Motion**

**ACTIVITY CHALLENGE**

Healthy • Active • Community

**April 1 - May 12, 2024**

Improve your health and your attitude by  
getting 30 minutes of exercise a day.

Join this six-week individual challenge today!  
Get friends, family and co-workers to participate too!

***Have fun – get moving – win prizes***

Registration opens March 4 at [gundersenhealth.org/mim](https://gundersenhealth.org/mim)  
or call (608) 775-1682.



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