Ready, Set .... Move!!!
Spring Moving Challenge

March 20 — April 28, 2021  Move into spring!

Join us for the Spring Moving Challenge: MOVE 4,000 minutes in 40 days

Goal: Each participant (individual or family) reach 4,000 minutes of moving in 40 days, March 20 – April 28.

Hop, skip, ride a horse, ski, swim, skate, sled, run, walk, bike, walk a dog, dance, fly a kite, hula-hoop or build a snowman ... whatever gets you moving inside or outside while counting your minutes of activity.

During the moving journey we'll move together throughout the state to virtually visit 4-H Staff and Extension Offices around the state. There will be fun challenges, encouragement, trivia, recipes and a chance for you to share your experience.

⇒ Register at http://go.uvm.edu/getmoving
⇒ Count your minutes as an individual, a family or a 4-H club. Use the activity log to gather your minutes and activities through the week.
⇒ Enter your total minutes of activity by Saturday of each week ......
  ◆ Record any successes (tried a new activity, feeling great, having fun, spending more time with your family, sleeping better, losing weight, watching less TV, etc.)
⇒ Join our Facebook event page for updates, fun and to leave photos, comments. https://www.facebook.com/events/1092577571218081/ Get ready, set .... MOVE!!! Register now!!!

To request a disability-related accommodation to participate in this program, please contact Lisa Muzzey at lisa.muzzey@uvm.edu or Mary Fay at 1-800-571-0668 by March 19, 2021 so we may assist you.