



Minutes in **Motion** ACTIVITY CHALLENGE

Healthy • Active • Community
March 30-May 10, 2020

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

Get friends, family and co-workers together to
join this six-week challenge today!

Have fun – get moving – win prizes

Registration opens March 2 at gundersenhealth.org/mim
or call (608) 775-4717.

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