



**Get active with Minutes in Motion this Spring!**

The key to maintaining regular physical activity is to find something you enjoy doing. Choose from the list below or come up with something on your own to get your body moving. Your options are endless!

- Walking
- Biking
- Dancing
- Canoeing
- Zumba
- Gardening
- Golfing
- Backpacking
- Hiking
- Home repair
- Basketball
- Pilates
- Horseback riding
- Strength training
- Tennis
- Running
- Swimming
- Volleyball
- Soccer
- Football
- Badminton
- Playing with kids
- Yard work
- Yoga
- Tai Chi
- Water aerobics
- Rollerblading
- Jumping rope
- Circuit training
- Cross fit
- Dog walking
- Exercise classes
- Bowling
- Table tennis
- Boxing
- Archery
- Kayaking
- Baseball
- Ultimate Frisbee
- Skateboarding
- Gymnastics
- Rock climbing
- Pickleball
- Lacrosse
- Wrestling
- Rugby
- Hockey
- Hunting
- Fishing
- Kettlebells

**Thank you to our supporters:**



**GUNDERSEN HEALTH SYSTEM®**

Gundersen Lutheran Medical Center, Inc.  
 Gundersen Clinic, Ltd.  
 1900 South Avenue, La Crosse, WI 54601  
 (608) 782-7300 or (800) 362-9567  
 gundersenhealth.org  
 jew0rn\_0122



**Minutes in Motion**  
**ACTIVITY CHALLENGE**

Healthy • Active • Community

**March 28 - May 8, 2022**

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

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

**Registration opens March 7 at [gundersenhealth.org/mim](https://gundersenhealth.org/mim).**





### Be Part of a Good Thing!

Join Gundersen Health System, Gundersen Medical Foundation and our community partners: Mid-West Family La Crosse, WXOW News 19, and the La Crosse Tribune for the 16th annual Minutes in Motion.

### What is Minutes in Motion?

Minutes in Motion is a **FREE** six-week community physical activity challenge. Track and record your minutes of physical activity. Average 30 minutes a day for six weeks for chances to win great prizes. All activity counts as "Minutes in Motion", so do something you enjoy! Play with your kids, work in your garden or take your dog for a walk. Report your activity daily, weekly or at the end of the challenge. For weekly drawings you must enter your minutes by midnight on Monday to be entered to win.

### When is Minutes in Motion?

Minutes in Motion starts Monday, March 28 and ends Sunday, May 8.

### Who can take part?

Anyone! Any age or fitness level can participate in Minutes in Motion. Simply follow the registration process at [gundersenhealth.org/mim](https://gundersenhealth.org/mim) to get started. You can participate as an individual, create a community team with family and friends or join co-workers as a worksite wellness challenge. Teachers can also register their students and participate as a classroom.

### Why should I join?

Minutes in Motion is a fun way to get moving this spring. Improve your health and your attitude by moving your body for 30 minutes a day or 210 minutes a week.

- If you have not been active lately, start with as little as 5-10 minutes, three times a day and add a few more minutes each week.
- If you are getting 30 minutes of activity already, challenge yourself by trying something new. Add strength training or a new class to your routine. Share what you know with others and help them be successful.
- Do something you enjoy! Play with your kids, work in your garden, ride a bike, walk your dog, try a fitness class. As long as you are moving your body, you are adding to your "Minutes in Motion"!

### Win prizes!\*

Besides the payoff of better health, there's a chance to win great prizes. Log 1,260 minutes by the end of the challenge for a chance to win our \$500 Grand Prize. When you join and report your minutes your name will be entered in a drawing to win fun prizes.

- \$500 Grand Prize
- \$50 Prize each week during the challenge for meeting the goal of 210 minutes
- And More!
  - Team captain prizes
  - National Walking Day prizes
  - Corporate challenge prizes
  - Classroom prizes

\*Prizes are reported as taxable income.

### How do I register?

Registration opens Monday, March 7. Visit [gundersenhealth.org/mim](https://gundersenhealth.org/mim) to register. If you are unable to register online, email [wellness@gundersenhealth.org](mailto:wellness@gundersenhealth.org) or call Gundersen Office of Population Health at (608) 775-4717 or (800) 362-9567, ext. 54717.

### Corporate Challenge

Participating businesses will compete for the top minutes logged. Standings will be posted throughout the challenge on social media. Top businesses will be awarded a special prize.

### National Walking Day

April 6 is National Walking Day. Grab your co-workers, friends, kids, dog or head out solo for a walk. Take a picture and tag us on social media using the hashtag #MIMWalkingDay for a chance to win fun prizes!

**Like our Facebook page – Gundersen Minutes in Motion**

### Get started with Minutes in Motion on March 28

Once the challenge begins track your minutes. They can be reported daily, weekly or all at the end by going to [gundersenhealth.org/mim](https://gundersenhealth.org/mim). Final minutes are due by May 11. To qualify for weekly prizes you must meet the goal of 210 minutes a week and report your minutes by midnight on Monday.

To qualify for the grand prize you must have at least 1,260 minutes over the six week challenge with minutes logged by May 11.

### Mark your calendar

- **March 7** – registration opens
- **March 28** – challenge begins
- **May 8** – challenge ends
- **May 11** – minutes due
- **May 13** – winners announced

**Minutes in  
Motion**  
ACTIVITY CHALLENGE

Healthy • Active • Community