



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:



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Minutes in Motion
ACTIVITY CHALLENGE

Healthy • Active • Community

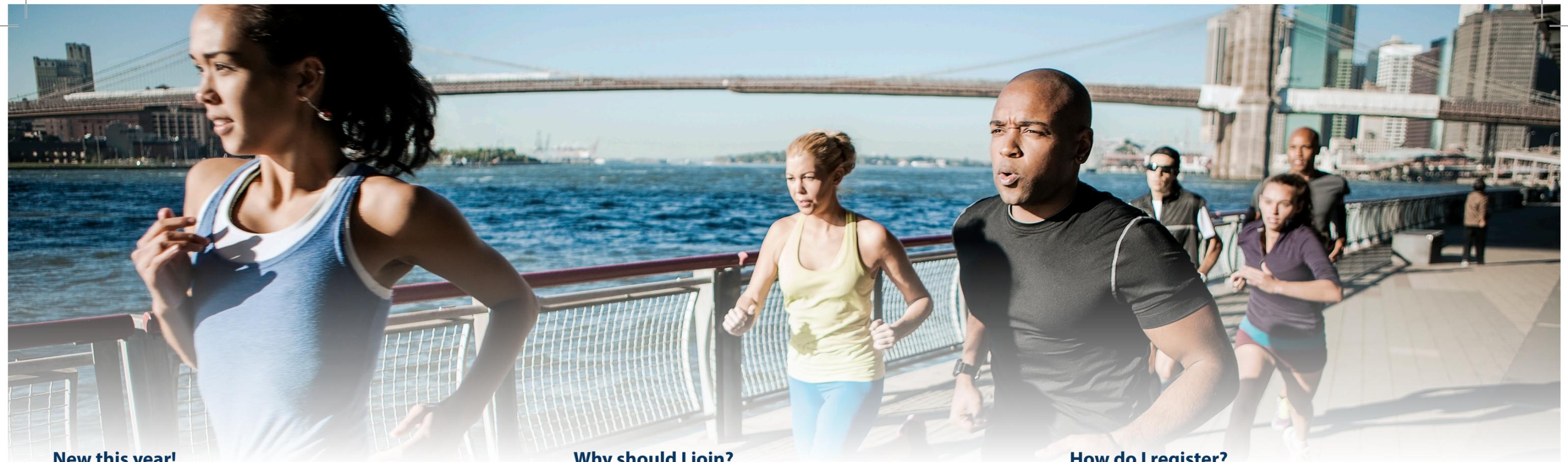
March 27 - May 7, 2023

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

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

Registration opens March 1 at gundersenhealth.org/mim.





New this year!

A brand new wellness portal powered by Virgin Pulse.

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 17th annual Minutes in Motion.

What is Minutes in Motion?

Minutes in Motion is a **FREE** six-week community physical activity challenge. The goal of the challenge is to complete 30 minutes of physical activity each day. Reach this goal at least five days per week to be entered 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. Track daily or weekly. For weekly drawings, you must track by midnight on Monday to be entered to win.

When is Minutes in Motion?

Minutes in Motion starts Monday, March 27 and ends Sunday, May 7.

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 to get started. This is an individual challenge for 2023 with the goal to focus on YOU!

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.

- 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. Complete the goal of 30 minutes of activity each day for at least 30 days of the challenge to be entered to win our \$500 Grand Prize. When you join and report your minutes your name will be entered in a drawing to win other fun prizes.

- \$500 Grand Prize
- \$50 Prize each week during the challenge for meeting the goal of five days per week with 30 minutes of activity
- National Walking Day prizes
- And more!

*Prizes are reported as taxable income.

How do I register?

Registration opens Wednesday, March 1. Visit gundersenhealth.org/mim to register. If you are unable to register online, email wellness@gundersenhealth.org or call Gundersen Office of Population Health at (608) 775-8856 or (608) 775-1682.

National Walking Day

April 5 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 27

Once the challenge begins track your progress. Click "Yes" if you met the goal of 30 minutes of activity that day. Click "No" if you did not meet the goal that day. Final tracking is due by May 10. To qualify for weekly prizes, you must meet the goal at least 5 days each week and track this on the wellness portal by midnight on Monday.

To qualify for the grand prize, you must have at least 30 days of meeting the daily goal (30 minutes of physical activity) over the six-week challenge with tracking completed by May 10.

Mark your calendar

- **March 1** – registration opens
- **March 27** – challenge begins
- **May 7** – challenge ends
- **May 10** – minutes due
- **May 15** – winners announced

**Minutes in
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