



Minutes in **Motion**

ACTIVITY CHALLENGE

Healthy • Active • Community
March 27 - May 7, 2023

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 1 at gundersenhealth.org/mim
or call (608) 775-8856 or (608) 775-1682.



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