



Minutes in Motion Activity Challenge

Healthy · Active · Community

March 31 - May 11, 2025

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

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