

Join us for the

Get Up & Move Challenge

Are you getting the recommended amount of physical exercise that you should? Most people are not. The American Heart Association suggests five 30-minute workouts every week.

What's it about?

The Get Up and Move Challenge encourages you to exercise for at least 30 minutes every day.

How long is the campaign?

Four Weeks

The Challenge

Try to exercise for at least 30 minutes every day. For each day you complete the task, you'll earn one point—earn 14 to complete the challenge!

