

Move2Health for Your Health

Have you joined Move2Health?

In case you haven't heard, the **Move2Health** Challenge is happening now! **Move2Health** encourages everyone to find an activity they enjoy and do it for 30 minutes a day, five days a week. Any activity counts—from taking a walk to gardening to scrubbing your kitchen floors!



What is happening with Move2Health now?

- The current **Move2Health** challenge launched on September 6th and we've reached 500,000 minutes moved. That means we're halfway to our goal of logging one million minutes together by December 31, 2013!
- Over 100 organizations are competing to see who can move the most minutes.
- Over 1,200 individuals are logging their minutes moved every day.
- Users can track their progress with our free NEW **Move2Health** mobile app!
- Sign up today for a chance to win prizes. We announce prize winners once every week!

What can I do?

- Join the challenge at www.Move2HealthCentralVa.org.
- Download the free **Move2Health** APP from the Apple or Google Play stores to log your minutes moved in the palm of your hand!
- Encourage your friends, family, and colleagues to move with you!
- Keep logging your minutes!
- Move2Health is SOCIAL! Follow us on Facebook and Twitter.



Move2HealthCentralVA



@ Move2HealthCVa

Walk. Bike. Dance. Play. 30 Minutes Every Day!



10/13



You can find this and other timely public health tips and events on the Thomas Jefferson Health District (TJHD) Facebook page. Check us out and "like us!"

Follow us on
Facebook



VDH VIRGINIA
DEPARTMENT
OF HEALTH
Protecting You and Your Environment