

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.



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!"

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