



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**



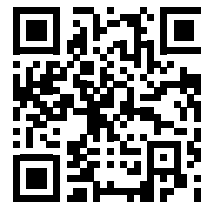
# Move Your Way® Spring Challenge

South Dakota State University Extension is partnering with the South Dakota Department of Health alongside the Move Your Way® Campaign to increase physical activity among all South Dakota adults. Join our challenge for motivation, encouragement and a chance to win a prize. South Dakotans 18 years or older are welcomed to participate!



SOUTH DAKOTA  
DEPARTMENT OF HEALTH

**April 15 - May 15, 2024**  
**31 Day Challenge**



Registration is open!

Scan the QR code or go to [extension.sdstate.edu/events](https://extension.sdstate.edu/events)

## How to Participate

- Register online
- Get physically active and track your minutes
- Submit your total active minutes through a survey at the end of the challenge by Friday, May 17

## For more information:

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MC-03355-03