



BLUE ZONES PROJECT
by sharecare

MOVE TO THE MOON STEPS CHALLENGE



Let's get moving Shawnee!
(It's 238,855 miles away!)

Walk, row, dance, and skate your way to the moon with your friends in May! Join the community-wide Move to the Moon Challenge today!

ready, set, tic-tac-GO!

Connect three in a row to win a prize pack!

Each photo is an entry. How to enter:

1. Share a photo on Facebook completing an activity from the card
2. Tag us using #movetothemoonshawnee



Take a
walking
meeting

Move more,
stress less-
take 3 2-
minute
micro
breaks in
one day

Walk to
lunch or
during
lunch 3
times for
4 weeks

Park farther
from the
office door
for one
week

Complete
the "Get Up
Offa That
Thing"
exercises

Increase the
beat-
celebrate
together with
a dance party

Participate
in a mid-
morning
stretching
break

Stand when
you can-
stand or
march in
place while
on the
phone

Take the
stairs or an
extra lap
around the
building 5
times

 @MovetotheMoonShawnee

 @MttMShawnee

Sponsored by

AVEDIS  FOUNDATION