



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



Have a
dance party
to your
favorite
song

Move
with your
furry friend
for 30
minutes

Take a
walk after
dinner

Stand
while
folding a
load of
laundry

Do 20 sit-
ups, squats,
or jumping
jacks during
one tv show's
commercial
breaks

Try a new
activity
over the
weekend

Find a park
and play
on the
playground

Do a physical
activity that
starts with
the first letter
of your last
name

Have a
game night
with
Twister, tag,
or duck,
duck, goose

 @MovetotheMoonShawnee

 @MttMShawnee

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