

MAY IN MOTION CHALLENGE

MAY 3rd till MAY 30th

Why Join May In Motion?

- Helps keep exercise on your mind!!
- Introduces you to some new exercises
- Gives you strategies for fitting exercise into your day
- Learn exercise facts and weekly exercise goals with this Challenge!
- May is National Physical Fitness & Sports Month!

Each week, participants will receive an email with that week's May in Motion Activities.

Check-in all Four Weeks in Passport For Good (P4G) to qualify for prizes & credit for your Physical Healthy ME Activity!!

TWO WAYS TO REGISTER by MAY 2nd:

1. Scan QR Code and add your login
OR
2. Log into www.p4g.app/Ellis and
 - Scroll down to **Your Active Groups**
 - Select **Join More Groups**
 - Click **Join A Group**



QUALIFYING
HEALTHY ME
ACTIVITY



PHYSICAL