

Ready, Set, *Move!*

Revitalize your exercise routine and make *strides* this spring!



Join the Healthier U “Ready, Set, *Move!*”
Wellness Walking Challenge
(May 21 – July 15)

Ready, Set, *Move!*

is a movement-based incentive program designed to get people moving more and help them lead a healthier lifestyle with a variety of options for engagement, encouragement, and comradery.

Here's how it works:

- Register online (*link below*), or by sending an email to **healthieru@stonybrook.edu**
- As a registrant, you can choose to participate as an individual, as part of a team, or *both*.
- Participants will receive weekly emails with tips to get you moving, fun quizzes & challenges, program statistics and much more!
- Participants have opportunities to win lots of prizes! Visit the program homepage for more details.



<https://www.stonybrook.edu/commcms/healthieru/programs/ready-set-move.php>