

Colorado
Get Movin'
challenge 
From LiveWell Colorado

CHALLENGE RUNS
MAY 1-30

**SIGN UP,
BE ACTIVE**
and win!

Sign up free, get 30 minutes of daily activity in May, and make Colorado the most active state in the nation!

www.GetMovinChallenge.org

1. Visit **GetMovinChallenge.org** to access our online activity tracker with MapMyFitness.
2. Create or log in to your MapMyFitness account, then join the challenge.
3. Enter your 30 minutes of activity each day to earn prizes.*

New! Compete as part of your city or town. Help make yours the most active in the state.

*For full program Terms and Conditions, visit www.getmovinchallenge.org.



Join the conversation
with **#COgetmovin**

