

# 6 WEEKS TO MOVE MORE

AT MESSIAH UNIVERSITY

Employee wellness is excited  
to sponsor a initiative to  
MORE MOVE and SIT LESS

**THE GOAL:** to get 30 minutes of  
exercise 5 days a week

**THE REALITY:** that's difficult!

**ANYTHING is better than NOTHING**

Our encouragement is to  
decrease sedentary activity  
and simply move a little more  
each day!

**Sign up to participate!**

Each week you take part in activities, you'll  
be entered to win a pair of Under Armor  
Sneakers!

**EACH WEEK:**

- TIPS**
- EDUCATION**
- CHALLENGE!**