

# Ready, Set, *Move!*

Revitalize your routine and make *strides* this spring!



Join the Healthier U “Ready, Set, *Move!*”  
Wellness Walking Challenge  
(April 24 – July 2)

## **Ready, Set, *Move!***

is a hybrid program of our popular “Walk on Wednesdays” & “Walk to Win” programs with increased opportunities for encouragement, excitement & engagement.

### **Here’s how it works:**

- Register between April 15 – 24 online (*link below*), or by sending an email to [healthieru@stonybrook.edu](mailto: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.



[http://www.stonybrook.edu/commcms/healthieru/programs/ready\\_set\\_move.html](http://www.stonybrook.edu/commcms/healthieru/programs/ready_set_move.html)