



Adventist[®]
HealthyYOU
MADE TO MOVE CHALLENGE



TAKE THE MADE TO MOVE CHALLENGE!

With over 650 skeletal muscles in the human body, it is clear that we were created for activity. Unfortunately, the pandemic has made it difficult to not only find the focus for activity, but also the desire to get up and exercise. And our schools are facing unprecedented challenges that require creative ways to build the school community. The Health Ministries department of the North American Division, aided by a group of committed young professionals, has decided to meet this challenge with one of their own, a week-long virtual program created to keep connected, despite the current coronavirus pandemic.

We invite all schools to participate in the **Made to Move Challenge (Pandemic Version)**. Join us for Orientation on Sunday, August 30, at 7:00 pm, Eastern. This online webinar is designed to give you the tools needed to succeed with this challenge, keep your participants safe, and engage with your community through health and hope during these difficult times. Registration is free and required, and the recording will be available for viewing later.

Formerly known as *Let's Move Day*, the **Made to Move Challenge** now includes a week-long activity, including daily devotionals, Bible study guide, and Sabbath sermon options. Exercise routines are available for beginner, intermediate, and advanced exercisers, and videos provide best practices and safety instructions. And all are tailor-made for an online/virtual environment.

The **Made to Move Challenge** will take place this year from September 19-27, 2020. For more information and to register, visit NADhealth.org/HealthyYOU.



HEALTH MINISTRIES

Seventh-day Adventist Church
NORTH AMERICAN DIVISION