Move More Challenge
October 1 – 31, 2015

This 30 day challenge will help you find simple ways to move more throughout your day, whether at home or work. Participate in various activities using a BINGO card to track your progress.

The Challenge
October 1 – 31, 2015

The challenge is designed for you to complete on your own and does not require attendance.

Questions?
Sandy Wilson, Optum Wellness Specialist
sandy.wilson@optum.com

Sponsored by:
UCSB Gaucho Wellness
gauchowellness@gmail.com

To receive program materials, please RSVP here by Sept 25:

- Receive a BINGO card to track your progress
- Complete as many activities as you can during the month
- Receive weekly emails with tips and tools to keep you motivated
- Bring your BINGO card to the finale to enter a drawing for great prizes!

Share your photos completing the challenge!
#gauchosmovemore