



**Special  
Olympics**  
Iowa



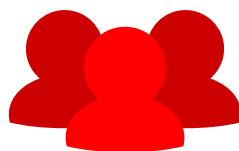
# Spring Virtual MOVEment

**This virtual fitness program is open to all individuals and will feature 3 challenges a week for 9 weeks.**



## **CHALLENGES INVOLVE**

Challenges will include anything from workouts and healthy eating to self-care.



## **JOIN THE FACEBOOK GROUP**

Join the Stay Healthy with Special Olympics Iowa Facebook group to see the challenges and receive virtual encouragement throughout the 9 weeks.



## **POINTS & PRIZES**

(1 Finished Challenge = 1 Point)  
5 Points = 1st Prize  
12 Points = 2nd Prize  
20 Points = 3rd Prize  
27 Points = Final Prize

# **Weekly challenges will begin April 1!**

**Sign up for the Spring Virtual MOVEment -**

**<https://bit.ly/3bmhjV6>**