



**Special
Olympics**
Iowa



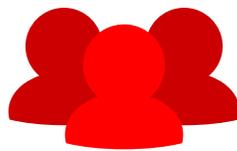
Spring Virtual MOVEment

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>