

# Live Healthy **IOWA** Kids **GO THE DISTANCE MAY**

## Live Healthy Iowa challenges families and households to **GO THE DISTANCE** in the month of May!

This **FREE** event, celebrating active and healthy Iowans, takes place May 1-31. Those participating can choose any day and time to take part by creating a fun physical activity to get everyone moving for at least 30 minutes. Simply plan, register, and share!



### Let's Get Moving, Together!

*Family-based fitness has a greater likelihood of becoming lifelong fitness, with countless physical, cognitive, and social benefits.\**

1. **Plan** your 30-minute activity
2. **Register** online to be part of the statewide event
3. **Share** a picture or video on social media using **#GoTheDistanceMay**

**Sign Up  
Today**

**Live Healthy **IOWA** Kids.ORG**

\*ODPHP. "Promoting Family Fitness - News & Events." News & Events | Health.gov, Office of Disease Prevention and Health Promotion, Office of the Assistant Secretary for Health, Office of the Secretary, U.S. Department of Health and Human Services., 7 Nov. 2018, health.gov/news-archive/blog-bayw/2018/04/promoting-family-fitness/index.html.



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Activities might include obstacle courses, nature hikes, dancing, fitness stations, and so much more! Be creative!



Live Healthy Iowa

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