

Ministry Social Media Posts

Let's Get Moving!

Photo Suggestion: Add a photo of members walking after worship or around your campus.

WEEK 1 • Let's Get Moving! 🇺🇸

Have you heard? Our **MINISTRY** is joining the **Let's Get Moving Challenge** with churches, schools, and ministries across the Northern Illinois LCMS District!

We'd love for **YOU** to be part of it.

The challenge is simple:

 Move for **10 minutes a day**

 Any **5 days this week**

 That's it!

Walk around your neighborhood. Stretch before breakfast. Work in the garden. Play outside with your kids or grandkids. Take 5 deep breaths. Ride your bike.

If it gets you moving, it counts!

We hope you'll join us—and maybe invite a friend or family member to move with you this week!

Visit the *Let's Get Moving Challenge* page for more details and for a chance to win a gift card for completing the challenge this week. <https://www.nidlcms.org/lets-get-moving-challenge/>

Photo Suggestion: Share a picture of your church garden, playground, or a favorite walking route near your building.

WEEK 2 • Keep Moving

Have you ever thought about the endless way we can move our bodies?

Walking after dinner. Swimming at the pool. Dancing in the kitchen. Standing up after sitting for a while.

No matter what your movement looks like...

It counts.

If you haven't joined us yet for the LCMS Northern IL District **Let's Get Moving Challenge**, there's still plenty of time. We'd love to have you!

And if you've already been participating, keep going! Healthy habits aren't built in a day—they grow one small choice at a time.

Tell us in the comments:

How have you been moving this week? 

Let's encourage one another!

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Photo Suggestion: Invite members to take a **10-minute walk after Sunday's service or ministry event** and snap a group photo (with permission) to post later.

WEEK 3 • Move with a friend!

Everything is better together.

This week, invite someone to move with you.

Take a walk with your spouse.

Play outside with your kids.

Call a friend and meet at a local park.

Ask someone to join you for a walk after church.

Sometimes the best conversations happen when we're moving side by side.

If you know someone who hasn't joined the LCMS Northern IL District **Let's Get Moving Challenge** yet, invite them! It's never too late to start, and every step is worth celebrating.

Who could you encourage this week?

(Tag a friend below if they'd appreciate the invitation!)

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Photo Suggestion: Share a collage of photos from throughout the month and thank your ministry for participating.

WEEK 4 • Finish Strong! 🏆

Can you believe we're already in the final week of the **Let's Get Moving Challenge**?

Whether you've been with us since Day 1 or you're just getting started, thank you for being part of this journey.

More than anything, we hope this month has been a reminder that caring for our health doesn't have to be complicated.

Small, faithful choices matter.

Thank you for encouraging one another, sharing smiles on walks, spending time with family, and celebrating the gift of movement together.

As the challenge wraps up, we'd love to hear from you:

What's been your favorite part of participating?

We can't wait to celebrate with you!

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