

Let's Get Moving Challenge!

This September, the LCMS Northern Illinois District is inviting everyone to join the **Let's Get Moving Challenge**. The goal is simple: *move your body for 10 minutes a day, five days a week, for four weeks.*

God created our bodies with movement in mind. Whether we're walking, working in the yard, playing with our kids or grandkids, or serving others, movement is part of how He designed us to live.

Scripture directs us to be good stewards of the gifts God has given us. Our bodies are one of those gifts. Caring for them isn't about chasing a certain number on the scale or trying to look a certain way. Instead, it's about glorifying God by taking care of what He's entrusted to us.

The **Let's Get Moving Challenge** is simply an opportunity to care for the body God has given you, one small step at a time. Everyone, aged 0 –199 connected to an LCMS Northern Illinois District congregation, school, ministry, or mission is invited to participate.

The challenge runs from **Monday, August 31 through Sunday, September 27, 2026.**

Here's how it works:

- Move for 10 minutes a day, any five days of the week. If it gets you moving, it counts!
- Submit an online check-in form by Sunday at 8:00 p.m. each week
- Repeat the next week!

You can find the check-in form at <https://www.nidlcms.org/lets-get-moving-challenge/>

If filling out the online form isn't convenient, you can email Brandy at brandy.mccoid@nidlcms.org with your name, confirmation that you completed the week's challenge, what you did for movement, your contact information, and your church, school, ministry, or mission. You can also call the Northern Illinois District office at 708-449-3020 to report your completed week.

The goal of this challenge isn't perfection. It's simply to move a little more than we did yesterday. Ten minutes may not sound like much, but small, faithful choices often grow into lifelong habits. We can't wait to see our Northern Illinois District community moving together this September! Visit the Challenge webpage for more information.

