

Bulletin Insert

Let's Get Moving!

Want a fun way to get healthier alongside your brothers and sisters in Christ? Then join the Let's Get Moving Challenge organized by the LCMS Northern Illinois District! The 4-week challenge is simple: move your body for 10 minutes a day, 5 days a week. If it gets you moving, it counts! No gym required, no special equipment – just move! Anyone in the Northern Illinois District can participate; all ages and abilities are welcome. Each week, submit an online check-in form to be entered for weekly prizes, courtesy of the District. The challenge runs from August 31 – September 27. Learn more details, get ideas on ways to move, and access the weekly check-in form at the Challenge webpage: <https://www.nidlcms.org/lets-get-moving-challenge/>