

UCS MOVE Challenge Spring 2023

The Details

WHAT: A four-week challenge encouraging faculty and students of all abilities tracking minutes of exercise and intentional physical activity.

WHEN: The Maryland MOVE Challenge will run from Monday May 1st - Sunday May 28th, 2023. Registration opens April 4th and closes April 29th, 2022.

WHO: Schools are encouraged to form Unified teams. Teams do not have to move together; participants can log their time separately and the times will be added together at the end of each week.

National Physical Fitness and Sports Month:

This May, we're celebrating National Physical Fitness & Sports Month with Special Olympics Maryland. Through Unified Fitness and Sports programs, we have seen the power sports have to create interactive communities of inclusion for ALL! Let's celebrate the ways physical activity helps us grow as students, friends, and people.

Mental Health Awareness Month:

Taking care of your mental health is just as important as taking care of your physical health. Did you know that exercise and daily physical activity can help improve your mental health by reducing anxiety, depression, and negative moods and can help increase your self-esteem? So, let's take care of our mental health together and get MOVEing!

SIGN UP HERE:

