



Spots are limited.

2024 UC MOVES CHALLENGE

REGISTRATION Opens April 22 • **CHALLENGE** Runs May 6 - 31

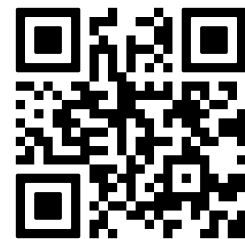
Spring into Motion. Represent your UC Location in the 2024 systemwide 4-week movement and activity challenge.



Join our team to represent us in the UC Moves Spring into Motion Challenge and for a chance to win raffle prizes.



Record daily physical activity starting May 6 with your favorite tracker or on your mobile or desktop device.



Register: <https://ucmoves.springintomotiontoday.com>

or use the QR code

Questions? Please email UCOPHCF-L@LISTSERV.UCOP.EDU