



Spots are limited.

2025 UC MOVES CHALLENGE

REGISTRATION Opens April 14 • **CHALLENGE** Runs May 5 – June 1

Spring into Motion. Represent UCOP in the 2025 systemwide 4-week movement and activity challenge.



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



Record daily physical activity starting May 5 with your favorite tracker or on your mobile or desktop device.



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

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