



## Sign-up Now for Move Across Missouri

Challenge yourself or compete with others! 4-H members and their families and friends can sign up now to be a part of 4-H Move Across Missouri. You can sign up online at:

<http://www.mo4h.missouri.edu/programs/move/>

### OR...

You can keep a log of your physical activity and ask a friend or volunteer leader to register and enter your activity hours online.

**Work on your own or as part of a team!** You can challenge yourself, or join in the fun competition across the state with a team of friends. A team can be a family, a group of club members, or the entire club. And you can include your friends who are not 4-H members as well! Just pick a team leader (adult or kid) and register as a team on the website. The competition will run from February 1 to May 31.

You can enter your hours each day, one time each week, or as often as works for you! And remember, all physical activity can be counted. So count the time you sweep the floor or feed the pigs, count the time you practice for a team sport, or just when you walk to the mailbox. Count the time you dance and the time you bowl. And be sure to count the time it takes to walk from one end of Wal-Mart to the other!

**Prizes!!** Everyone who signs up for the MOVE competition will receive a t-shirt. Individuals and teams that log the most minutes in the county and state will receive awards as well.

**Get moving across Missouri today!**