

What's your move, Woodbury County?

Siouxland District Health Department (SDHD) has been selected as one of three communities from across the nation, to continue to pilot the [Move Your Way Campaign®](#) over the next several months. The U.S. Department of Health and Human Services created the Move Your Way campaign ® to promote the second edition of the Physical Activity Guidelines for Americans. It aims to help people understand how much physical activity they need to be healthy and how to fit it into their daily lives.

The campaign has videos, fact sheets, posters, and interactive tools in English and Spanish that are free and easy to use and distribute. These materials promote friendly, practical key messages, like “lots of things count as physical activity” and “it all adds up!”

SDHD and community partners will be promoting the Move Your Way® Campaign primarily to pregnant and post-partum individuals this year, at various events throughout Woodbury County through the summer.

The Move Your Way® tools, videos, and fact sheets on this page have tips that make it easier to get a little more active. And small changes can add up to big health benefits!

No matter who you are, you can find safe, fun ways to get active — to move your way.

Learn more about the [Move Your Way Campaign](#) .

Ready to get started? The [interactive tool](#) can help.

Upcoming Events

MOVE YOUR WAY® Virtual Baby Shower Feb 21st 2:00 p.m. or 3:15 p.m Click [here](#) to register

MOVE YOUR WAY® Fitness on Demand

March 1st to March 31st

Click [here](#) to register

MOVE YOUR WAY® 5K Stroller Walk	May 2021	Information coming soon.
MOVE YOUR WAY® Yoga in the Park	June 2021	Information coming soon.
MOVE YOUR WAY® Water Aerobics	July 2021	Information coming soon.

Move Your Way is a service mark of the Department of Health and Human Services. Used with permission. Participation by Siouxland District Health Department does not imply endorsement by HHS/ODPHP.