What's your move, Woodbury County?

Siouxland District Health Department (SDHD) has been selected as one of eight communities from across the nation, to pilot the Move Your Way Campaign SM over the next nine 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 CampaignSM at various events throughout Woodbury County until September 2020. Our kick-off event, Cone Park Winterfest Move Your Way 2020, was held at Cone Park in Sioux City on February 23rd.

We are doing this because everyone needs physical activity to stay healthy. But it can be hard to find the time in your busy routine.

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.

Watch the audio description version of Tips for Getting Active as a Family on YouTube.

Upcoming Events

Move Your Way SM Walk Run Roll Play Event
Walking Run Roll (skateboard/bike/wheelchair/etc) Play anywhere you want between Aug 2 - Aug 15th.

Use the Move Your Way SM Activity Planner for ideas.

Enter for Prizes: Beginning Aug 2nd individuals who comment and post a physical activity photo to our Walk Run Roll Play social media post will be entered into a drawing.

Winners will be announced the week of Aug 16th.
YOU'RE INVITED TO PARTICIPATE IN THE

MOVE YOUR WAY SM
WALK RUN ROLL PLAY EVENT

AUG 2 - AUG 15

Grab a friend, family member, or participate solo!

Go for a walk, ride your bike, jump on a trampoline, play an active game, or just dance. Do anything that gets your body moving.

Enter for Prizes: On the Siouxland District Health Department Walk Run Roll Play Facebook post or Twitter feed, add a photo of yourself and/or comment on how you are being active!

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.