Move Your Way SM Community Scavenger Hunt

Sioux City, IA, April 30, 2020: During this time of social distancing the Siouxland District Health wants to remind residents that staying physically active is one of the best ways to keep your mind and body healthy. That’s why we’re partnering with Sioux City Parks and Recreation on a Move Your Way SM community scavenger hunt.

Residents can still visit community trails and open spaces as a way of relieving stress, getting fresh air and to be physically active. The Move Your Way SM community scavenger hunt is a virtual event where participants will seek out “Move Your Way” SM yard signs placed along various Sioux City trails. Once participants find a Move Your Way SM yard sign, they must take a picture of themselves with the sign and post it to Facebook tagging the Siouxland District Health Department or use the hashtag #MoveYourWaySC. Participants will also need to email where they found the sign to: sbeekman@siouxlanddistricthealth.org to be entered into the weekly drawing. The event will begin May 1st and will go through June 6th. The signs will be moved to a different trail each week. Participants will have a chance to win a prize each week and winners will be announced weekly on social media.

Move Your Way SM is the promotional campaign for the second edition of the Physical Activity Guidelines for Americans. It offers tools and resources for consumers and professionals to learn about the Physical Activity Guidelines and share its key messages. Move Your Way SM aims to help people live healthier lives through increased physical activity. Siouxland District Health Department plans to schedule additional Move Your Way SM events throughout the summer.

If you would like more information on this event, please contact Steve Beekman by email: sbeekman@siouxlanddistricthealth.org or by phone: 712-490-5952.

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