

MAY IS NATIONAL PHYSICAL FITNESS MONTH **BUILD A HEALTHY & STRONG SOUTH DAKOTA**

KEEP MOVING INDOORS

Keep your body moving as much as possible every day. [SDSU Extension](#) shares several ways to keep you and your family moving!

MOVE MORE TOGETHER

Keep moving through the tough times together because any activity counts. Join American Heart for [VIRTUAL WORKOUTS!](#)

WORKOUTS & TIPS FOR SUCCESS

Avoid the #quarantine15. [WELCOA](#) (Wellness Council of America) provides simple tips to set you up for success!

