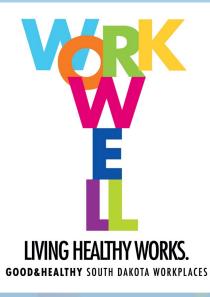
MAY IS NATIONAL PHYSICAL FITNESS MONTH BUILD A HEALTHY STRONG SOUTH DAKOTA

KEEP MOVING INDOORS

Keep your body moving as much as possible every day. <u>SDSU Extension</u> 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 <u>VIRTUAL WORKOUTS</u>!



WORKOUTS & Fear for VIR TIPS FOR SUCCESS

Avoid the #quarantine15. <u>WELCOA</u> (Wellness Council of America) provides simple tips to set you up for success!