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!