



Spots  
are  
limited.

# 2024 UC MOVES CHALLENGE

**REGISTRATION** Opens April 22 • **CHALLENGE** Runs May 6 – 31

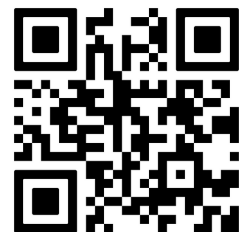
**Spring into Motion. Represent your UC Location in the 2024 systemwide 4-week movement and activity challenge.**



Join our team to represent UCR in the UC Moves Spring into Motion Challenge and for a chance to win raffle prizes.



Record daily physical activity starting May 6 with your favorite tracker or on your mobile or desktop device.



For more information about UCR Faculty and Staff Wellness program, visit <https://hr.ucr.edu/faculty-staff-wellness-program>

Register starting April 22 at  
<https://ucmoves.springintomotiontoday.com>



