Ready, Set, Move!

Revitalize your exercise routine and make strides this spring!

Join the Healthier U “Ready, Set, Move!” Wellness Walking Challenge
(May 21 – July 15)

Ready, Set, Move! is a movement-based incentive program designed to get people moving more and help them lead a healthier lifestyle with a variety of options for engagement, encouragement, and comradery.

Here’s how it works:
- Register online (link below), or by sending an email to healthieru@stonybrook.edu
- As a registrant, you can choose to participate as an individual, as part of a team, or both.
- Participants will receive weekly emails with tips to get you moving, fun quizzes & challenges, program statistics and much more!
- Participants have opportunities to win lots of prizes! Visit the program homepage for more details.