



Sign up's for the 8th annual Gundersen Health System's Minutes in Motion

physical activity challenge start next Monday. Last year, over 4700 people signed up for the physical activity 6 week challenge and Linda Larson with Gundersen says many businesses also got in on the challenge.

[\(Click for Audio\)](#)

Last year, over 5.2 minutes of physical activity were recorded and sent into Gundersen. The names of the first 2 thousand to register will be entered into a drawing for a \$200 gift card. Other prizes are given away at the end of the challenge.