



Join First Lady Linda Dugaard in the Get Movin'! Take the 125 Miles for Health Challenge.

In honor of South Dakota celebrating its 125th year of statehood, we challenge you to walk 125 miles between now and November.

First Lady Linda Dugaard would like you to join her for walks in Pierre at 10:00 AM and 3:00 PM on the following dates:

Thursday, June 5
Thursday, July 3
Thursday, August 14
Thursday, September 4

If you are interested in participating, meet the First Lady at the end of the driveway in front of the Governor's residence.

When you decide to be more physically active, you lower your risk of premature death, heart disease, stroke, high blood pressure, certain cancers, depression, diabetes, and falls.

For more information on the Get Movin' Take 125 Miles for Health Challenge, visit <http://healthysd.gov/default.aspx>.