



April 25, 2024

Governor's Stay Active Challenge

[Registration Open Now!](#)

Starts Monday, May 6, 2024



We're all on the same team in this year's Governor's Stay Active Challenge - Montana on the Move!

This 5-week physical activity challenge is virtual and suitable for all activity levels and types of activity. During the five weeks you will track your activity and enter it into the [Sonic Boom system](#). Everyone who joins the Challenge will be on the same team working

towards the same collective activity goal. Every bit of activity (walking, biking, swimming, etc.) you do during that time is eligible. Let's build a stronger community...together.

- Free and open to all State Plan members
- Lots of great prizes
- Weekly resources and recipes
- Improved health
- Opportunities for connection with other Challenge members

2024 Challenge Schedule

April 22: Registration opens at benefits.mt.gov/StayActiveChallenge

May 6 – June 9: [Governor's Stay Active Challenge](#)

May 7: In-person Governor's Stay Active Health Fair - *In Helena, see details below.*

May 8: Virtual Governor's Stay Active Health Fair - *Online, see details, below.*

Stay Active Health Fairs

Two options for you!

- In Helena: Meet us in-person, May 7, 2024, at the Capitol Rotunda from 11:30 a.m. - 1:30 p.m. Exhibitors, giveaways, prizes and fun!
- Online: Click and join us May 8 - June 9 for the **virtual** Governor's Stay Active Health Fair! Exhibitors and prizes! The link to the virtual health fair will be posted May 8 at 9 a.m. on the [Governor's Stay Active Challenge web page](#).

Thank You to our Sponsors!

- BlueCross BlueShield of Montana
- Businessolver
- Delta Dental
- Hinge Health
- VSP Vision Care

STATE OF MONTANA HEALTH CARE & BENEFITS DIVISION

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-3877 (TTY: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-866-270-3877 (TTY: 711).

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