

26th Annual Just Move It

Please Invite a Family Member or Friend to Just Move It!
For more info call: (505) 368-6300 OR Visit navajojmi.com



MOVE IT

T'áá hwō' aji t'ēego
Diné Nation

It is up to each of us to shape healthier lives and communities. For 26 years, our communities have taken action about health by *Just Moving It!* The Just Move It fun runs and walks are held in 17 Shiprock communities during the summer. The free events are non-competitive and open to people of all ages. Every new registrant earns a free t-shirt!

In 2017, Shiprock JMI had 9,109 participants and the overall Navajo Nation JMI had 47,963 participants.

Being physically active everyday can help you stay healthy and prevent diabetes and heart disease.

Every NEW participant earns a FREE JMI t-shirt

Cup Free Event – Please Bring a Water bottle

	Date	Chapter/Location	Theme	Registration	Start
EAST	05/23	San Juan Chapter with Run/Bike Biathlon	<i>80s Retro</i>	6 PM	645 PM
	05/30	Nenahnezad Chapter ** with mini Obstacle Course	<i>Veterans</i>	6 PM	645 PM
	06/06	Farmington - Berg Park	<i>FitFest</i>	530 PM	645 PM
	06/11	Huerfano Chapter **	<i>Youth Expo</i>	6 PM	645 PM
	06/14	Nageezi Chapter	<i>Bike 101</i>	6 PM	645 PM
SOUTH	06/18	Toohhaltsooi - Route 32 Mile Marker 8	<i>Wear Turquoise</i>	6 PM	645 PM
	06/21	Tohaali Community School ** with 10K	<i>Bandanas</i>	6 PM	645 PM
	06/25	Tse alnaozt'i'l Chapter **	<i>Annie Dodge Wauneka</i>	6 PM	645 PM
	06/28	Cove Chapter	<i>Breast Cancer Awareness - Wear Pink</i>	6 PM	645 PM
WEST	07/02	TeecNosPos Chapter with 10K	<i>Red, White and Blue</i>	6 PM	645 PM
	07/09	Immanuel Mission - Sweetwater **	<i>Traditional Skirts</i>	6 PM	645 PM
	07/12	Red Mesa Chapter with 10K	<i>Utah School Pride</i>	6 PM	645 PM
	07/16	Aneth Community School **	<i>Color Run</i>	6 PM	645 PM
NORTH	07/21	Ignacio - SunUte Park	<i>Crazy Socks & Hats</i>	8 AM	845 AM
	07/23	Cortez - Parque De Vida	<i>Tie Dye</i>	6 PM	645 PM
	07/26	Beclabito Chapter **	<i>Hiking 101</i>	6 PM	645 PM
	07/31	Shiprock Finale ** with Warrior Challenge	<i>Year of the Treaty - 1868</i>	530 PM	645 PM

** Health Screening Available