



Can you *dance* like no other?

Do you *shoot* a mean game of basketball? Or maybe you can *lift* more than anyone in your gym. No matter where you shine, you can improve your well-being with the Make Your Move Challenge from Strive by Blue Cross and Blue Shield of Kansas.

Sign-in to your Strive mobile app to get started.

Haven't used Strive? Register now at bcbsks.com/strive.

Here's how it works:

- Register between February 15 and March 6.
- Record at least 30 minutes of activity each day for 21 of 28 days during the challenge, which runs from from March 1 to March 28.
- Track your daily activity progress in Strive.
- Successfully complete the challenge and improve your health and well-being!