



JUST MOVE IT ONEIDA 2025

EVENT DATES & LOCATIONS

Just Move It (JMI) is a North American campaign to promote physical activity for Indigenous Peoples.

Just Move It Oneida is coordinated by Oneida Health Promotion of the Comprehensive Health Division.

Open to Families of All Ages
&
FREE T-Shirt For New Registered Participants.

1.15.25- 4-6pm

New Year's Challenge-
Oneida Nation Elementary

2.19.25- 4-6pm

Healthy Heart Kickstart-
Oneida Nation Elementary

3.19.25- 4-6pm

Marching Toward Health-
Oneida Nation Elementary

4.16.25- 4-6pm

Spring into Action-
Oneida Nation Elementary

5.21.25- 4-6pm

Get Movin' May-
Oneida Nation Elementary

6.18.25- 4-6pm

Kickoff to Summer Fun-
Oneida Lake

7.16.25- 4-6pm

Summer Strong-
Oneida Lake

8.20.25- 4-6pm

Beat the Heat-
Oneida Lake

9.17.25- 4-6pm

Diabetes Dash-
Oneida Nation Elementary

10.18.25- 9-11am

Spooktacular Fun-
Oneida Nation Elementary

11.19.25- 4-6pm

Turkey Trot-
Oneida Nation Elementary

12.17.25- 4-6pm

Merry Fitmas-
Oneida Nation Elementary

Questions?

☎ 920-490-3993

📱 @JustMoveIt Oneida

