



# JUST MOVE IT ONEIDA 2026

## 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.

1.21.26- 4-6pm

**New Year's Challenge-**  
Oneida Nation Elementary

2.25.26- 4-6pm

**Healthy Heart Kickstart-**  
Oneida Nation Elementary

3.18.26- 4-6pm

**Marching Toward Health-**  
Oneida Nation Elementary

4.15.26- 4-6pm

**Spring into Action-**  
Oneida Nation Elementary

5.20.26- 4-6pm

**Get Movin' May-**  
Oneida Nation Elementary

6.27.26- 8-10am

**Pow Wow Walk/Run-**  
Duck Creek Trail

8.19.26- 4-6pm

**Beat the Heat-**  
Oneida Lake

9.16.26- 4-6pm

**Diabetes Dash-**  
Oneida Nation Elementary

10.17.26- 9-11am

**Spooktacular Fun-**  
Oneida Nation Elementary

11.18.26- 4-6pm

**Turkey Trot-**  
Oneida Nation Elementary

12.16.26- 4-6pm

**Merry Fitmas-**  
Oneida Nation Elementary

## Questions?

☎ 920-490-3993

📱 @JustMoveIt Oneida