

What's your best move?

Every Move Matters!

**A Move Your Way
Challenge**

**Video Submissions
accepted
October 1st - 31st 2026**

Join the challenge! Create an original, short video (like your very own commercial!) Include the following:

- Demonstrate at least 1 form of physical activity
- Why you recommend this form of physical activity
- A brief message about why staying physically active is important to you
- The video must be at least 60 seconds, but no more than 90 seconds long
- Be creative, have fun, while creating positive, family friendly content

Who can participate?

- **Must be 18 or older and have an intellectual/developmental disability or autism**
- **Must reside in residential, family living, or family home in Armstrong, Beaver, Butler, Clarion, Crawford, Indiana, Lawrence, Mercer, or Venango Counties**

What are some ideas?

- Walking
- Exercise
- Dancing
- Sports
- Stretching
- Active hobbies



To submit your video:
Text 724-841-9159
E-mail kfisher@MilestonePA.org

