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**From UMaine Campus Recreation**

1 message

**UMaine Campus Recreation** <Kristie.Deschesne@maine.edu>

Tue, Apr 21, 2020 at 6:12 PM

Reply-To: Kristie.Deschesne@maine.edu

To: matthew.revitt@maine.edu

Hello! It's week 3 of Recreation Movement 2020 and it's almost Earth Day! Get outside tomorrow to celebrate Earth Day in some gorgeous weather and get in some movement for the day! Did you know that any activities you consider your usual exercise count for this program? Walking, running, biking...it doesn't have to be an activity included in the Recreation Movement portal, although the workouts and challenges they post are great for when you need a little motivational boost or want to try something new.

You can access online workouts and challenges from other participating schools FOR FREE via the [2020 Recreation Movement portal](#), through May 3, 2020. Don't forget to log your movement to help UMaine gain traction on the leaderboard and to compete for individual prizes! [For more information on this exciting opportunity, click here!](#)

You've received this email because you are in our database with an @[maine.edu](#) email address, therefore you are eligible to participate. These updates will continue only through the duration of the contest, which is through May 3. If you would like to never receive emails from us again, please reply to this email with Unsubscribe in the subject line. Please be aware that this will remove you from all email communications including automatic locker renewal emails etc.

Be well,

UMaine Campus Recreation

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