



Welcome to **MOVEVILLE**

SOUTH CAROLINA



MOVEVILLE is a call to action, designed to inspire and support the Upstate as we join together to pursue our healthiest, happiest selves, and fight illness. Did you know that 80% of chronic diseases can be prevented or reversed with regular physical activity and healthy lifestyle changes? Living the lives we deserve and enjoying our

At Moveville we:

community to the fullest means we've got to take control of our well-being and get moving - together!



Demonstrate that small, incremental changes in activity levels can make a big difference



Help people view food as fuel, incorporating healthy choices into meal plans



Share free resources and locations to exercise, like the Swamp Rabbit Trail



Educate the public about the importance of good sleep and stress management



Join together with our community to get active, improve our health, and have fun



wellness challenges & prizes

recipes

health insights

workout tutorials

livestream Q&A's with local wellness experts

FREE & AT YOUR FINGERTIPS

Join us at moveville.org



MOVEVILLE IS POWERED BY
YMCA OF GREENVILLE
ymcagreenville.org

