

The 30-Day M&T Bank Activity Challenge Starts Saturday, 4/1/2023

We could all use some help to keep moving and stay in touch. The Move More Challenge will get you moving while protecting the hearts you love.



Start moving



Relieve stress



Connect teams



Raise lifesaving funds



Download or update your Heart Walk app and get registered.



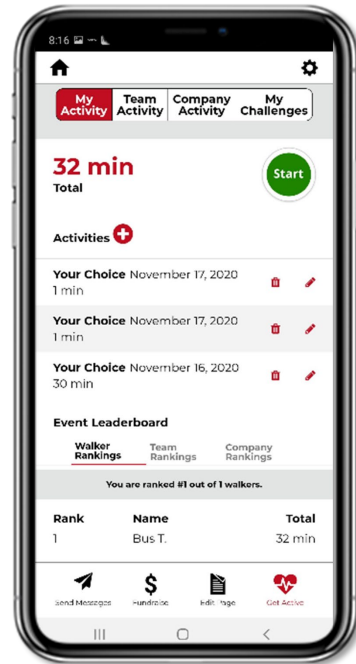
You've got 30 days to log your minutes. See if you can reach 150 minutes a week!



Any way you move, counts! You can walk, dance or even vacuum to stay moving.



Keep an eye on your leaderboard. Top movers and fundraisers will be recognized on Heart Walk Day!



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