

#GORED, GET MOVING!

Show us your best moves as SCS celebrates Heart Month!

Submit your two-minute video of you and your co-workers' creative moves that your heart pumping! **FREE** fitness prize packs for the school or department with the best moves!



Contest rules:

- Be creative! (dance, Zumba, exercise, compete)
- All entries must be submitted on social media using #SCSGoRed
- Videos must be two minutes or less
- Each school or department must submit their own entry. Multiple departments may not combine entries.
- Deadline: February 16 at 5 p.m. CST



Contact Terinni Stafford for more information.

