

Rules for *Mississippi In Motion*
Video Educational Sessions

1. Video will be updated each week. The weekly session will only stay up for 1 week. For example: Week 1 “Goal Setting” will be at the website on Tuesday, March 10, 2009 and taken off the website on Monday, March 16.2009
2. To locate the video educational sessions go to:
http://msucares.com/health/health04/ms_in_motion/schedule.html
3. The question must be answered and emailed to nhill@ext.msstate.edu before the end of the week. The question is based on the session viewed in the video.
4. Only the answers should be sent to the email address.
5. The information in the email should have the following:
 - a. Participant’s name
 - b. Participant’s team name
 - c. Answer to that week’s question

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