

# Harnett County Health Department



# Fall into Fitness

## Move More Challenge

September 23<sup>rd</sup>-October 20<sup>th</sup>

The “**Fall into Fitness**” **Virtual Move More Challenge** is a free program that will encourage you to be more physically active. It’s a great way to get your family, friends, and/or co-workers involved in friendly competition, physical activity, and a common goal. You can choose to walk, jog, run, bike, hike, etc. All forms of physical activity count!

### The Fall into Fitness Move More Challenge includes:

- Weekly newsletters with tips to help you move more.
- Physical Activity Log to track activity and points. **Every 10 minutes of exercise=1 point**
- **PRIZES!**

Complete the challenge and be entered into a drawing for prizes!

### For more information or to register:

Harnett County Health Department

910-814-6196 or

[www.surveymonkey.com/r/HCHDMoveMoreChallenge](http://www.surveymonkey.com/r/HCHDMoveMoreChallenge)

**Registration deadline: September 20, 2024**

