



FALL INTO FITNESS

SEPT 22 - OCT 19, 2025 | VIRTUAL CHALLENGE

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
910-814-6198 or
www.bit.ly/fallintofitness2025
Registration deadline: September 19, 2025

