

FALL INTO FITNESS

virtual challenge

SEPT 21-OCT 18, 2026

Join our **FREE** 4-week virtual fall fitness challenge! 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.
- Seasonal heart-healthy recipes!
- Physical Activity Log to track activity and points.

Every 10 minutes of exercise=1 point



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



Register by Sept 18, 2026: www.bit.ly/fif26

For more information or to register:

Call (910) 814-6198 or go to www.harnett.org/health



Fall into Fitness Virtual Challenge

Monday, September 21 - Sunday, October 18, 2026

Congratulations on taking the first step to improve your health by joining the **Fall into Fitness Virtual Challenge**. Regular physical activity helps you maintain a healthy weight, lowers the risk of chronic diseases such as heart disease and is proven to improve mental health.

During the challenge, you will receive via email:

- Weekly newsletters with tips and ideas you can use to move more.
- A link to report your points each week.

Earning Points

Every 10 minutes of exercise = 1 point

Example: 30 minutes of walking = 3 points.

All forms of exercise count!

Prize Eligibility

To be eligible for a prize drawing of a **\$25 Food Lion gift card** and other items, participants must:

- Submit number of points earned each week. (A link will be emailed to you weekly).
- Earn a **minimum of 30 points** by the end of the challenge.

All participants that complete the challenge will receive pick-up instructions to receive a **goodie bag**.

Bingocize® Workshop (Optional)

Join us for an *optional, in-person* Bingocize® 20-session workshop led by trained staff. Every Thursday, we will engage in inclusive exercises while exploring the benefits of physical activity and learning about overall wellness. The program begins from September 24th.

Thursdays- Weekly starting September 24, 2026

11:00am-12:00pm

Dunn Senior Enrichment Center

640 E. Johnson Street, Dunn 28334

RSVP at 910-984-7394

Please bring a water bottle and wear comfortable shoes and outdoor-appropriate clothing.

Note

When beginning physical activity start slowly and gradually increase your level of activity. If you have a chronic health condition such as arthritis, diabetes, or heart disease, talk with your doctor before

ng an exercise program.

For more information:

Samantha Patrick, Health Education Supervisor

910-814-6198

spatrick@harnett.org



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