

Spring Into Fitness

virtual challenge

Register by March 20th:
www.bit.ly/fitspring26



MARCH 23-APRIL 19, 2026

Join our **FREE** 4-week virtual spring 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 Spring Into Fitness challenge includes:

- Weekly newsletters with nutrition tips to help you move more.
- 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!**

For more information or to register:

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

