

Family Health & Fitness

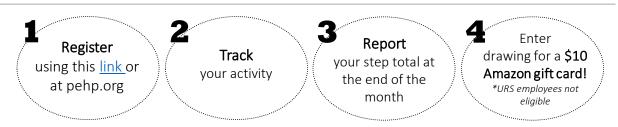


September 1-30th, 2018

Encourage and motivate your family to get moving by participating in Family Health & Fitness Day this month. This annual event will be held Saturday, September 30th with the purpose to encourage families to embrace physical activity together. Get tips and ideas on how to get your family moving all month.

It's easy to participate:

Join our self-paced, email-based physical activity challenge!



Any activity counts towards "steps" whether you walk, run, bike, swim, or play basketball!