

LET'S MOVE

COMMIT TO CHANGE

2019

The Let's Move: Commit to Change Physical Activity Challenge engages Palm Beach County residents in a friendly competition through the month of March with the goal of promoting physical activity, nutrition and healthy behaviors!

You can dramatically improve your health by participating in sustained physical activity for just 30 minutes a day!

Let's Move invites Palm Beach County residents to form teams and get moving together – commit to exercising at least 30 minutes a day, and log your minutes!

WHO can participate?

ALL Palm Beach County Residents!

WHEN is the challenge?

March 1 - 31, 2019

WHERE can you sign up?

www.LetsMovePBC.org



Questions? Email info@phfabc.org

