



# 31-DAY FITNESS CHALLENGE MEET-UPS!

Starting your fitness routine doesn't have to be lonely- join the many others in San Diego County looking to get outside, enjoy the sunshine, and get a workout. Grab a family member, friend, coworker, or just yourself and come out to the 2018 Fitness Challenge Meet-ups to get your fitness on and meet new friends!

## JULY 1 SUNDAY

**9:30AM HIKE**- Otay Lakes, Chula Vista  
County of San Diego

**10:00AM HIKE**- Dairy Mart Trail Loop, Tijuana  
River Valley Regional Park  
County of San Diego

## JULY 3 TUESDAY

**5:00PM WALK**- Rolando Park, La Mesa  
City of La Mesa

## JULY 7 SATURDAY

**8:00AM WALK**- La Mesa Secret Stairs, La Mesa  
[RSVP](#)

**10:00AM HIKE & Native American Plant Uses**-  
Flinn Springs, El Cajon  
County of San Diego

**12:00PM KAYAKING & Birding**- Lake Morena,  
Campo  
County of San Diego

## JULY 8 SUNDAY

**7:30AM WALK & Bird Count**- San Dieguito Lagoon  
San Dieguito River Park

**8:30AM HIKE**- Blue Sky Ecological Reserve, Poway  
San Diego Children and Nature

**10:00AM HIKE & Museum Tour**- Felicita  
County Park, Escondido  
County of San Diego

## JULY 10 TUESDAY

**9:00AM WALK**- La Mesa Library, La Mesa  
City of La Mesa

## JULY 11 WEDNESDAY

**1:00PM INTRO TO ORIENTEERING**-  
San Dieguito County Park, Del Mar  
County of San Diego

**5:00PM HIKE**- Torrey Pines State Reserve, La Jolla  
Community Health Engagement Team

## JULY 14 SATURDAY

**8:00AM BOOTCAMP**- Heritage Park, Chula  
Vista  
[Espiritu Fitness](#)

**8:00AM COMMUNITY CLEAN UP**- Julian  
I Love a Clean San Diego

**8:00AM YOGA**- Lake Murray, La Mesa  
Asian Pacific Alliance of County Employees

**9:30AM WALK/RUN**- Lake Murray, La Mesa  
Asian Pacific Alliance of County Employees

**8:30AM NATURE WALK**- Kumeyaay Lake  
Campground  
Mission Trails Regional Park

**8:00PM HIKE & Star Party**- Oakoasis County  
Preserve, Lakeside  
County of San Diego

## JULY 17 TUESDAY

**9:00AM WALK & Talk**- Lake Murray, La Mesa  
Mission Trails Regional Park

**5:00PM WALK**- Sunset Park, La Mesa  
City of La Mesa

Learn more about the *Live Well San Diego* 31-Day Challenge at [LiveWellSD.org/31-Day](http://LiveWellSD.org/31-Day)  
*Consult with your personal physician before starting any exercise routine.*



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## JULY 18 WEDNESDAY

**9:30AM NATURE WALK**- Mission Trails Regional Park  
Mission Trails Regional Park

## JULY 21 SATURDAY

**8:00AM COMMUNITY CLEAN UP**- Pine Valley  
I Love a Clean San Diego

**8:00AM URBAN HIKE**- Convention Center  
County of San Diego Filipino American Employees Association

**10:00AM HIKE**- Wilderness Garden Preserve,  
Pala  
County of San Diego

## JULY 24 TUESDAY

**9:00AM WALK**- Porter Park Gazebo, La Mesa  
City of La Mesa

## JULY 25 WEDNESDAY

**9:30AM NATURE WALK**- Mission Trails Regional Park  
Mission Trails Regional Park

## JULY 28 SATURDAY

**8:00AM COMMUNITY CLEAN UP**- Alpine  
I Love a Clean San Diego

**8:30AM TREK**- Wilderness Gardens Trail, Pala  
County of San Diego

# **JULY 29** Live Well San Diego 5k

## DIY MEET UPS

Can't fit any of the MEET-UPS into your schedule? Invite friends or family to join you on the walking, hiking and biking trails below:

County of San Diego Library Family Walks  
City of Oceanside - San Luis Rey River Trail  
San Dieguito River Valley Conservancy

Circulate San Diego Walking Maps  
City of Chula Vista - Greenbelt Trail  
City of La Mesa Walking Map

## THANK YOU FOR HOSTING!



COUNTY OF SAN DIEGO  
**FILIPINO-AMERICAN**  
EMPLOYEES' ASSOCIATION  
*Together We Can Make A Difference*



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