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.*
**31-DAY FITNESS CHALLENGE MEET-UPS!**

**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!**

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