



31-DAY FITNESS CHALLENGE

STARTS JULY 1st!



Live Well San Diego 5K 31-Day Fitness Challenge

Starting on July 1, 2018, the *Live Well San Diego* 5K Fitness Challenge will help you to increase your physical activity by offering a training program and daily fitness tip. Following the program, you will be prepared to walk or run in the *Live Well San Diego* 5K on July 29th.

Even if you don't plan to attend the 5K, we welcome you to participate in the Challenge and join us for the family friendly Wellness EXPO immediately following the race on July 29th!

JOIN THE CHALLENGE!

- All fitness levels welcome
- Improve your fitness, strength and flexibility
- Share progress on social media with #LiveWell31Day
- Prepare to walk or run in the *Live Well San Diego* 5K

Sign-up today at
LiveWellSD.org/31-Day



Learn more about the *Live Well San Diego* 31-Day Challenge at LiveWellSD.org/31-Day