



LIVE WELL
SAN DIEGO

31-DAY
FITNESS
CHALLENGE 



STARTS JULY 1st!

Live Well San Diego 5K 31-Day Fitness Challenge

Starting on July 1, 2019, the *Live Well San Diego 5K Fitness Challenge* will help you to increase your physical activity with a 31-day 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 28th.

Even if you don't plan to attend the 5K, we welcome you to participate in the Challenge and join us for the Family Fun Zone and Everyday Heroes EXPO after the race on July 28th!

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