



LET'S MOVE



COMMIT TO CHANGE

2020

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 and healthy behaviors!

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, 2020
WHERE can you sign up? www.LetsMovePBC.org



Questions? Email info@phfpbc.org