



Why Accept the Challenge?

- ***It's free!*** No charge to participate.
- *41% of Lincoln County residents are physically inactive. The Fitness Challenge is a great way to support your community and its efforts to promote healthy living!*
- ***Prizes –***
 - ✓ *Trophy will be presented to the community that logs the greatest number of miles during the contest period.*
 - ✓ *Contest t-shirts will be given to the top 100 participants from the winning community.*
 - ✓ *Prizes will be awarded to the top three participants overall that log the greatest number of individual miles.*
- *Regular exercise reduces and helps maintain body weight, reduces levels of depression and anxiety, and increases endurance and strength.*

Please see back side for full competition details and rules

*****Always speak with your physician before beginning a new exercise program*****

Lincoln County Health Department