



LIONS DISTRICT 4L4

PRESENTS

MONTH-LONG

Fitness CHALLENGE

GET MOVING. MAKE AN IMPACT.

A MONTH OF FITNESS, WELLNESS & GIVING
TO HELP COMBAT DIABETES.

MOVE
STRONGER
HEALTHIER
BRIGHTER
TOGETHER

NOVEMBER 1 – NOVEMBER 30

A 4-WEEK FITNESS CHALLENGE FOR A HEALTHIER TOMORROW

WEEK 1

Run



GET YOUR STEPS IN
& HIT THE ROAD

WEEK 2

Strength



BUILD A
STRONGER YOU

WEEK 3

Yoga



FOCUS, STRETCH
& RESET

WEEK 4

Mix It Up



TRY A LITTLE
OF EVERYTHING



SUITABLE FOR
ALL FITNESS LEVELS



EARN SPONSOR
DONATIONS FOR
EACH MILESTONE



GET INSPIRED WITH
FITNESS TIPS, HEALTHY
RECIPES & REAL STORIES



JOIN VIRTUAL
CHECK-INS FOR
MOTIVATION & SUPPORT

Why Join?

- ✓ IMPROVE YOUR HEALTH
- ✓ STAY ACCOUNTABLE
- ✓ BE PART OF A SUPPORTIVE COMMUNITY
- ✓ MAKE A REAL DIFFERENCE
- ✓ HELP COMBAT DIABETES

Together

WE CAN MOVE
FOR A BRIGHTER,
HEALTHIER FUTURE.



TO PARTICIPATE PLEASE CONTACT
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