

MAYOR'S FITNESS CHALLENGE

CITY OF BUNNELL

Bunnell's Mayor Catherine Robinson challenges all City residents and visitors to come out for a morning of fitness. As we all know Americans are at risk for obesity due to our inactivity and sedentary lifestyles.



Everyone has to start somewhere. Even if you've been sedentary for years, now is the time you can begin to make healthy changes in your life. If you don't think you'll make it for 30 or 40 minutes, set a reachable goal. You can work up toward your overall goal by increasing your time as you get stronger. Don't let all-or-nothing thinking rob you of doing what you can every day.

Saturday – July 8, 2017 at
8:00 a.m. at the George
Washington Carver
Fitness Trail

Saturday – July 29, 2017
at 8:00 a.m. at the Joanne
B. King Park

The City of Bunnell
encourages all of you,
young and old to come
out and participate in
the fun event.

For directions to these
locations please log on
to the City's website at
www.bunnellcity.us



CITY OF BUNNELL
201 West Moody
Boulevard
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