

### 30 Day Activity Challenge October 23 – November 21, 2020

- Winning hospital participants will receive champion t-shirts and food truck or catered box lunch
- All activities included: running, cycling, yoga, weight training, swimming, hiking, walking, and "other"
- Daily discounts and special offers



Registration ends on November 1 at midnight

Go to:  
<https://runsignup.com/GetFitVirtualChallenge>

Updated leader board every Friday

Winning team will be announced  
Monday, November 23rd

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