



NEWS RELEASE

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Vienna competing to be Most-Fit Community

The Town of Vienna, Fairfax City, and the City of Falls Church are running, walking, biking, training, stretching, and competing in a Mayors' Fitness Challenge. With the aid – and activity – of citizens, the three municipalities are competing to determine the Most-Fit locality of 2021.

Rally up family, friends, and co-workers to walk, bike, hike, practice yoga, play in the park, etc. Due to covid-19, it's recommended that participants work out individually or only with those in their family/bubble or exercise outdoors following physical-distancing guidelines.

During this eight-week competition, everyone participating will keep track of their physical activity minutes, which will be tallied by each jurisdiction to determine who will be named Most-Fit Community.

Pre-registration is required, and it's never too late to join. The challenge begins April 3 and continues until May 29. After registering, participants will be emailed a fillable Google Doc to track their fitness journey. Registration is available at any time during the competition using activity number **453701-A1** at **viennava.gov/registration**.

Call 703-255-7801 for more information.

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