



# NEWS RELEASE

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## Vienna Vies to Become Most-Fit Community

Vienna Mayor Linda Colbert is rallying residents to Team Vienna in the second annual Mayors Fitness Challenge March 19-May 7, 2022! The friendly eight-week competition encourages residents in the Town of Vienna and the cities of Fairfax and Falls Church to get moving and log their exercise minutes to support their community's collective effort to win a trophy and bragging rights as the fittest town around! Best of all, participants get to choose the way they exercise. Walk, bike, hike, practice yoga, or play in the park - the opportunities are endless.

Registration is required and is open to Vienna residents and Town employees.

Participation is free or pay \$5 to receive a 2022 Mayors' Fitness Challenge T-shirt. The community that tallies the greatest number of exercise minutes at the end of the competition gets the title of "Most-Fit Community!"

To register for Team Vienna, visit <https://bit.ly/TeamVienna> or call the Vienna Community Center at 703-255-6360. To participate for free, enter activity number 453701-A1 or pay \$5 to participate and get a Mayors Fitness Challenge T-shirt with activity number 453701-B1. The competition starts March 19. Registration is open now.

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