



NEWS RELEASE

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May 16, 2023

Team Vienna Repeats Victory in the Mayors' Fitness Challenge

For the second consecutive year, Team Vienna emerged the victor in the annual Mayors' Fitness Challenge. The friendly competition between the Town of Vienna and Falls Church and Fairfax cities encourages residents to get moving and log their minutes of exercise in the name of community spirit and team pride. Vienna's 195 participants, ranging in age from 8 to 88, tallied a collective 466,142 exercise minutes (7,769 hours) from March 18-May 13, 2023. That was nearly double the number of minutes recorded last year and enough for Vienna to retain its title as "Most-fit Community" followed by the City of Fairfax and the City of Falls Church.

The Mayors' Fitness Challenge started in 2021 with a collaboration between the three communities to encourage people to get outside after being cooped up at home for more than a year for COVID-19 pandemic-related reasons. To motivate people, the mayors of each community rallied residents to choose activities they enjoy. This year's participants recorded activities such as walking, pickleball, weightlifting, gardening and basketball among others.

The competition trophy will remain in the Town of Vienna for the next year until next year's competition. That's when Team Vienna will attempt to defend its title and retain the Mayors' Fitness Challenge trophy for a third straight year.

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