



NEWS RELEASE

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Fairfax Edges Out Competition in the Mayors' Fitness Challenge

For the first time in the event's history, the City of Fairfax pulled off an upset victory in the 2024 Mayors' Fitness Challenge. In a strong, 11th-hour finish, Fairfax blazed its way into first place, defeating the Town of Vienna and the City of Falls Church in this friendly fitness competition between the three localities.

In the final tally of average number of fitness minutes, the City of Fairfax pulled into first place and won with a total of 3,960.69 average exercise minutes per participant. Vienna came in second with an average minute total of 2,243.27 and Falls Church came in third with an average minute total of 1,863.83.

Despite coming in second, Vienna still had record participation, expanding upon last year's numbers with 254 participants totaling a collective 569,790 exercise minutes (9,496.5 hours) from March 16-May 11, 2024.

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 and to get moving in the name of community spirit and hometown pride.

The City of Fairfax now takes on the title of "Most Fit Community" and the competition trophy moves to the City of Fairfax where it will remain for the next year.

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