

## Fitness Challenge

The purpose of the Fitness Challenge is to encourage community members to engage in physical activity because it is fun, not just good for their health. The competitive aspect helps groups to push each other and their teams to do better and get closer to the top. Some members of Active & Alive are part of the Fitness Challenge. Active & Alive is the stepping stone to help build the confidence of those new to exercise, so they can join in other activities they may have felt beyond them at one time. The Fitness Challenge is held in the spring and fall each year.

For a Fitness Challenge report, click [here](#).

