



*Working Together to Promote a
Healthy Lifestyle in Sahuarita*



The Town of Sahuarita and United Way of Tucson and Southern Arizona present:

The “2010 Sahuarita Get Fit Challenge”

IT'S NOT TO LATE to accept the Mayor's fitness challenge and we will bracket you with those completing the same number or weeks. Go to www.ci.sahuarita.az.us or call 520-625-2273 x 37. Enjoy the great celebration (and prizes) for finishers at the July 24 “Family Fun Night” in Sahuarita.

The “2010 Sahuarita Get Fit Challenge”

Between now and July 23, do at least 20 minutes of physical fitness activity at least 3 days per week (for youth) or at least 30 minutes of physical activity for at least 5 days per week (for adults). The challenge is going on **now** and you must submit your completed logs (for whatever period of time you have exercised consistently for at least one week) to the Town Hall by July 23. All participants who accept and participate in the challenge will receive special recognition at the July 24 “Family Fun Night” in Sahuarita and will also be receiving a special prize.



For more information and to access the “2010 Sahuarita Get Fit Challenge” [Activity Log](#) please visit www.ci.sahuarita.az.us or call 520-625-2273 x 37.

In cooperation with:



RANCHO SAHUARITA