



## Delray Beach places second in 'Let's Move!' challenge

### Staff report

Delray Beach was edged out by Wellington in the March Let's Move! Commit to Change Physical Activity Challenge.

The sixth annual challenge is put on by Palm Healthcare Foundation Inc. Thousands of Palm Beach County residents participate by completing and logging 30 minutes of physical activity each day during the month.

More than 200 teams participated this year, doubling the participants from 2017. The School District of Palm Beach County became a significant player this year. Of the 50 schools and 11 district departments that participated, they logged nearly eight million minutes.

Throughout the county, residents logged 32 million

minutes of physical activity. Delray rang in at 13,878,592 minutes. Wellington won with 14,940,015 minutes.

"We are simply elated with the results," said Marge Sullivan, Vice President of Communications at Palm Healthcare Foundation. "Our vision is for all Palm Beach County residents to have the opportunity to reach their full health potential. We hope campaigns like *Let's Move!* will create camaraderie and instill friendly competition throughout the county as residents work to incorporate healthy habits into their daily routines. Physical activity can make a lasting change in health because it decreases the risk for obesity, strengthens bones and muscles, reduces stress, and can improve your mood and quality of sleep." ■