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Life Briefs

# 'Let's Move' Kickoff March 3

By Town-Crier Editor - March 1, 2018



Wellington is participating in the sixth annual "Let's Move: Commit to Change Physical Activity Challenge" this month. The challenge is a countywide initiative focused on physical activity, nutrition and health taking place March 1 to March 31. Participants are asked to log at least 30 minutes of physical activity every day.

Wellington has created its own team, "Well Wellington," and urges residents, village employees, local after-school programs and sports teams to join in. Residents can register at [www.letsmovepbc.org](http://www.letsmovepbc.org). Participation is free.

On Saturday, March 3, Wellington, in partnership with Ultima Fitness, the Mall at Wellington Green and the Palm Healthcare Foundation, will kick off the campaign at the Mall at Wellington Green. Starting at 8 a.m., instructors from Ultima Fitness will be leading warm-up stretches at the Live360 Studio before a communal mall walk.

Let's Move t-shirts will be provided to attendees on a first-come, first-served basis while supplies last, and there will be information available on how to stay active and healthy throughout the year.

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