



COUNTYWIDE FITNESS CHALLENGE 2014

THE COUNTYWIDE FITNESS CHALLENGE IS BACK – BIGGER AND BETTER THAN EVER!

It's the fifth year of Countywide Fitness Challenge! Each year, County employees and their families have become more active and healthy by coming out to local outdoor venues to get their fitness on! Last year's Countywide Fitness Challenge brought out a jaw-dropping 6,600 people out to our events! The 2014 Countywide Fitness Challenge promises to be even more impressive! We are ready to keep the momentum going and offer you and your families more fitness fun at gorgeous local parks and beaches!

The 2014 Countywide Fitness Challenge will be back at our fan-favorite locations such as Castaic Lake and Santa Fe Dam, and we added a brand new park to for you to experience, Alondra Community Regional Park! Join the Challenge as County employees and their families take on new activities such as paddle boarding, kayaking and circuit training.

Beginning in May and finishing in October:

Join us for all [nine weekend activity events](#)! Try hiking, kayaking, power walking, cooking demonstrations, crewing on a Dragon Boat, 5K runs, and our ever popular "triathlon" at Santa Fe Dam. County employees are encouraged to bring their families out to participate in some family fitness fun!

Come on out and take the challenge....the COUNTYWIDE FITNESS CHALLENGE!

View photos of our past events!

2014 "Be One with Nature!" at Alondra Community Regional Park

2014 "Chill Out!" at Dockweiler Youth Center

2014 "Get Cultured!" with DanceMania at the Hollywood Bowl

2014 "Stop and Smell the Flowers!" at Cerritos and Torrance Farmers Markets

2014 Annual Softball Tournament - DHR was awarded the trophy!

Special thanks to all of the Countywide Fitness Challenge Collaborators:

- Department of Beaches and Harbors
- County-sponsored health plans
- Department of Parks and Recreation
- American Heart Association

