



# COUNTYWIDE FITNESS CHALLENGE 2015

## THE COUNTYWIDE FITNESS CHALLENGE IS BACK – FOR ITS SIXTH YEAR!

It's the sixth year for the award winning 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 a jaw-dropping 6,400 people out to our events! The 2015 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 2015 Countywide Fitness Challenge will be back at our fan-favorite locations such as Castaic Lake, Placerita Canyon, and Santa Fe Dam, and we added a brand new park for you to experience, Hacienda Heights Community Center! Join the Challenge as County employees and their families take on new activities such as paddle boarding, kayaking, dancing, hiking, and circuit training.

Beginning with the April 7<sup>th</sup> launch at Grand Park 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, boogie boarding, and our ever popular triathlon with a twist, the "triath-a-fun" 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 "Play for Life!" at Santa Fe Dam](#)

[2014 "Take a Hike!" at Placerita Canyon](#)

[2014 "Be One with Nature!" Alondra Community](#)

[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](#)

Special thanks to all of the Countywide Fitness Challenge Collaborators:

- Department of Beaches and Harbors
- Department of Parks and Recreation
- County-sponsored Health Plans
- American Heart Association

