



Take the Challenge
*Exercise 5 times a week...30 minutes a day...
for 1 month*

Parents ... Sign up with
your kids!



For over a month, use
your Get Movin' bracelet to
get in free to open house
events throughout
Whatcom County.

Activities like:

Dodgeball

Basketball

Swimming

Rock Wall Climbing

Access to Fitness Clubs

Gymnastics

Obstacles Courses

and more!

"Seven days without
exercise makes
one weak."



Pre-Register Today

It's free! Great prizes at the end!

Go to www.cob.org/ezreg

or

Visit our cool website at

www.GetMovinWhatcom.org

to download your Get Movin' registration form.

Forms are also available at

Bellingham Parks and Recreation

3424 Meridian Street



Get Movin' Kick-Off Event

Saturday, June 21, 2008

12:00 p.m. - 3:00 pm

Civic Field, Bellingham

Get Movin' Finale

Saturday, August 2, 2008

All Day

Bloedel Donovan Park, Bellingham

Did You Know?

There are 1440 minutes in a day.

Why not schedule 30 of them for physical activity!

Thank you to Get Movin's primary sponsors:

City of Bellingham Parks and Recreation, Whatcom County Health Dept., the Physical Activity Coalition, Whatcom Coalition for Healthy Communities, and Washington Health Foundation.