

GET UP AND MOVE CHALLENGE

Join the Senior Affairs Sports and Fitness challenge to walk, run, bike, or even swim to begin a healthier you in 2021.

All you need is a way to measure your distance: a Fitbit, smart watch, pedometer, or even most smartphones will track your steps!

Email your distance each week and see your progress along a virtual route nearly 300 miles long to some of New Mexico's popular landmarks (no need to walk to actual site).

Each landmark checkpoint you reach will enter you into drawing for a chance to win a gift certificate (up to 15 landmark checkpoints).

Challenge will last 7 weeks (February 1 to March 19, 2021).

Email jankerson@cabq.gov to register. Submit your mileage every Friday with the same email address. More information call [880-2800](tel:880-2800).



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