



### March 1st - 31st

Tomorrow starts the first day of our Let's Move Commit to Change Physical Activity Challenge! This is Palm Beach County's 10th year of Let's Move! Our goal for the Let's Move challenge is to highlight the importance of daily physical activity, good nutrition, and healthy behaviors. Whether you're dancing in your room or lifting weights at the gym, it's time to get moving and log your minutes. If you haven't done so already, please register your team online

at [www.letsmovepbc.org](http://www.letsmovepbc.org)

[Click here to Register](#)

## This week's challenge

This week, we are focusing on *emotional well-being* and how we can implement it in our day-to-day lives. For this week's social media challenge, post a video or picture of you and/or your team sharing a Rose and a Thorn. A Rose is something good that happened to you this week and a thorn is something that you want to change. Don't forget to tag @DigitalVibezinc so we can see your post and email your picture or video to [letsmove@digitalvibez.com](mailto:letsmove@digitalvibez.com). The winner will be announced on social media next week and **win** a special prize!



## Let's Move Kick-Off Celebration

Village of Wellington Amphitheater

Tuesday, March 1, 2022

4:00 pm - 6:00 pm

The winning team for logging the most minutes last year was the Village of Wellington, so they are kicking off our 2022 Let's Move Challenge! Kick off the month-long challenge at this exciting, interactive and family-friendly celebration! Enjoy performances from dance and fitness groups from all over Palm Beach County. Dance along and log your minutes!

[Log your minutes here](#)

### Events this week

#### **Tuesday, March 1st**

City of Wellington: Let's Move Kickoff Event – Wellington Amphitheater from 4 PM – 6 PM

City of Delray Beach : Pep Rally - Old School Square at 6:30 PM

#### **Friday, March 4th**

City of Wellington: Let's Move Event – The Wellington Community Center from 5 – 7 PM

Digital Vibez: Let's Move – Virtual Event at 5 PM

Jazzercise Lake Worth Fitness Center: 6675 Lake Worth Road from 7:45 AM – 8:45 AM

*We have weights, mats, and mini-bands for use, or you can bring your own. Bring Water.*

Jazzercise Lake Worth Fitness Center: 6675 Lake Worth Road from 9 AM – 10 AM

Jazzercise Lake Worth Fitness Center: 6675 Lake Worth Road from 4:30 PM – 5:30 PM

NAMI Palm Beach County: Gentle Yoga & Journaling – Online from 3:30 PM – 4:30 PM

Register here: [https://us02web.zoom.us/meeting/register/tZYqfuihrj0oH9PjHRA9OJhW434qaS\\_Akf--](https://us02web.zoom.us/meeting/register/tZYqfuihrj0oH9PjHRA9OJhW434qaS_Akf--)

### Saturday, March 5th

Healthier Jupiter: Couch to 5K – Town of Jupiter River Walk: 25 S Coastal Highway from 8 AM – 9 AM

*Couch to 5K Training Program is to help individuals gradually increase their physical activity levels enough to walk or run a 5K (3.1 miles). Register to participate: [www.healthierjupiter.org/couchto5k](http://www.healthierjupiter.org/couchto5k)*

City of Delray Beach: Citywide Master Zumba Class- Old School Square at 4 PM

Jazzercise Lake Worth Fitness Center: 6675 Lake Worth Road from 7:45 AM – 8:30 AM

Jazzercise Lake Worth Fitness Center: 6675 Lake Worth Road from 8:30 AM – 9:30 AM

### Sunday, March 6th

Jazzercise Lake Worth Fitness Center: 6675 Lake Worth Road from 8:30 AM – 9:20 AM

Jazzercise Lake Worth Fitness Center: 6675 Lake Worth Road from 9:30 AM – 10:30 AM

## More Information

During the month of March, Digital VibeZ will be presenting weekly challenges on social media. Participants can post to win fun giveaways, prizes, and more! The top team and the top youth site that logs the most minutes in the challenge wins a **\$1,000 grant!** Check out our [website](#) for more information on contests, awards and prizes. Click [here](#) to learn about our video contest.

If you want to learn more about your mind, body, and health, head over to the Palm Health Foundation website for more information. [www.palmhealthfoundation.org](http://www.palmhealthfoundation.org)

### Thank you to our #LetsMovePBC Sponsors and Partners

