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# Let's Move

## SEPTEMBER CHALLENGE



WALKING AND RUNNING ARE GREAT WAYS OF EXERCISING! THIS CHALLENGE WILL TRY TO ENCOURAGE YOU TO BE CONSCIOUS OF HOW MUCH EXERCISE YOU DO EVERY DAY.

JOIN OUR STEP IT UP CHALLENGE- SEND US WEEKLY UPDATES OF HOW MANY MILES YOU WALK/RUN IN THE MONTH OF AUGUST. INDIVIDUAL WITH MOST MILES WILL WIN A PRIZE!

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VIRTUAL EVENT: 1- 30 SEPTEMBER  
OPEN TO EASTERN RECRUITING REGION MARINES ONLY

FOR MORE INFO: 843-228-7341  
OR [SC.SMP@USMC-MCCS.ORG](mailto:SC.SMP@USMC-MCCS.ORG)

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SEND YOUR WEEKLY MILES UPDATES TO [SC.SMP@USMC-MCCS.ORG](mailto:SC.SMP@USMC-MCCS.ORG)



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