

## Weight of the Fox Valley kicks off challenge

The Weight of the Fox Valley group kicked off its summer fitness program, this morning, near the Trestle



Trail.

Organizer Emily Dieringer says she expects up to 5,000 people will participate in the Passport to Active Living challenge. She says they're hoping people will exercise for 15 minutes a day, three days a week, and use local trails. She says they're also working on an initiative to help people eat healthier, by improving access to nutritious food.

She says people can sign up for the Passport challenge, at any local YMCA. If participants will be eligible for prizes, if they complete the challenge.