



# NEWS RELEASE

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Feb. 28, 2023

## **Vienna to Defend its Title in Mayors Fitness Challenge**

Vienna Mayor Linda Colbert is rallying Vienna residents and businesses to defend the town's title and retain the trophy as the "Most-fit Community" in the third annual Mayors Fitness Challenge. The friendly eight-week competition from March 18-May 13 encourages residents in the Town of Vienna and the cities of Fairfax and Falls Church to get moving and log their exercise minutes to support their community's collective effort to win a trophy and bragging rights as the fittest town around! Best of all, participants get to choose the way they exercise. Walk, bike, hike, practice yoga, or play in the park - the opportunities are endless.

The Mayors Fitness Challenge began in spring 2021 to encourage people to get out and enjoy some exercise and sunshine after a year of virtual isolation due to the COVID-19 pandemic. Falls Church won the first competition, and Mayor David Tarter presented the trophy to Vienna Mayor Linda Colbert in 2022 after the Town of Vienna edged out the inaugural winner.

Registration for the 2023 event is now open and required. Vienna residents, businesses and Town employees are eligible to join Team Vienna. Participation is free, and optional 2023 Mayors Fitness Challenge T-shirts are available for purchase for \$5 each at the time of registration. The community that tallies the greatest average number of exercise minutes at the end of the competition gets the title of "Most-Fit Community!"

To learn more and to register, visit [www.viennava.gov/fitness](http://www.viennava.gov/fitness).

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