

FOR IMMEDIATE RELEASE

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100 Mile Club Launches 26 Day Challenge Keep Moving during COVID-19

NORCO, CA — March 2020. Let's Keep Moving! With schools closed across much of the country, we want to bring some fun to students during this time, empowering families to maintain a healthy and physically active lifestyle.

A school-based program, 100 Mile Club offers a FREE way for students, teachers and families to remain physically active with smart, safe exercise at home, in a park, or in your neighborhood. For 26 days (or until school resumes, whichever comes first), track your progress and aim for an average of 1 mile per day.

“We are in unprecedented times but one thing remains certain: our kids need and want to move and continue to work toward and achieve their goals”, stated Founder Kara Lubin. “The goal of this 26-day challenge is to help all kids retain some of the structure and normalcy they crave. 100 Mile Club® is here now and always to celebrate every mile with schools, families, and communities nationwide helping kids stay active for life.”

Our 26 Day Challenge is FREE for all to sign up and download our mile tracking sheet. Sign up and visit our web store below to download your FREE mile tracker and keep moving!

Our top priority is keeping our kids Healthy, Happy, and Connected.

About 100 Mile Club

100 Mile Club®, a 501 (c)(3) non-profit organization engages and empowers kids and families to achieve a healthy lifestyle through physical activity nationwide; preventing childhood inactivity and obesity, one child, one school, and one community at a time. Since 1993, 100 Mile Club® has been the elite school-based physical activity program leading the effort in the prevention of childhood inactivity and obesity across the nation. New Balance Foundation is the organization's lead national supporter. More information about the 100 Mile Club and their 26 Day Challenge can be found at <http://www.100mileclub.com>.