



**However, you like to get moving  
make it count!**

Join the Fit Families starting April 1! Just commit  
to completing and tracking 15 workouts in the  
month of April.

## How to sign up:

- Recruit your family. Your family can include parents, kids, grandparents, dogs, colleagues, or friends. Any twosome or more can count as a “family.” Singles are welcome, too; we just know getting activities more fun with a buddy.
- Download the **MoveSpring app** or go to **centremoves.org** to create an account.
- Enter Organization Code: FitFamilies2021
- Join group called: Centre Moves
- Review contest rules and chances to win great prizes at **centremoves.org**.

centre moves