

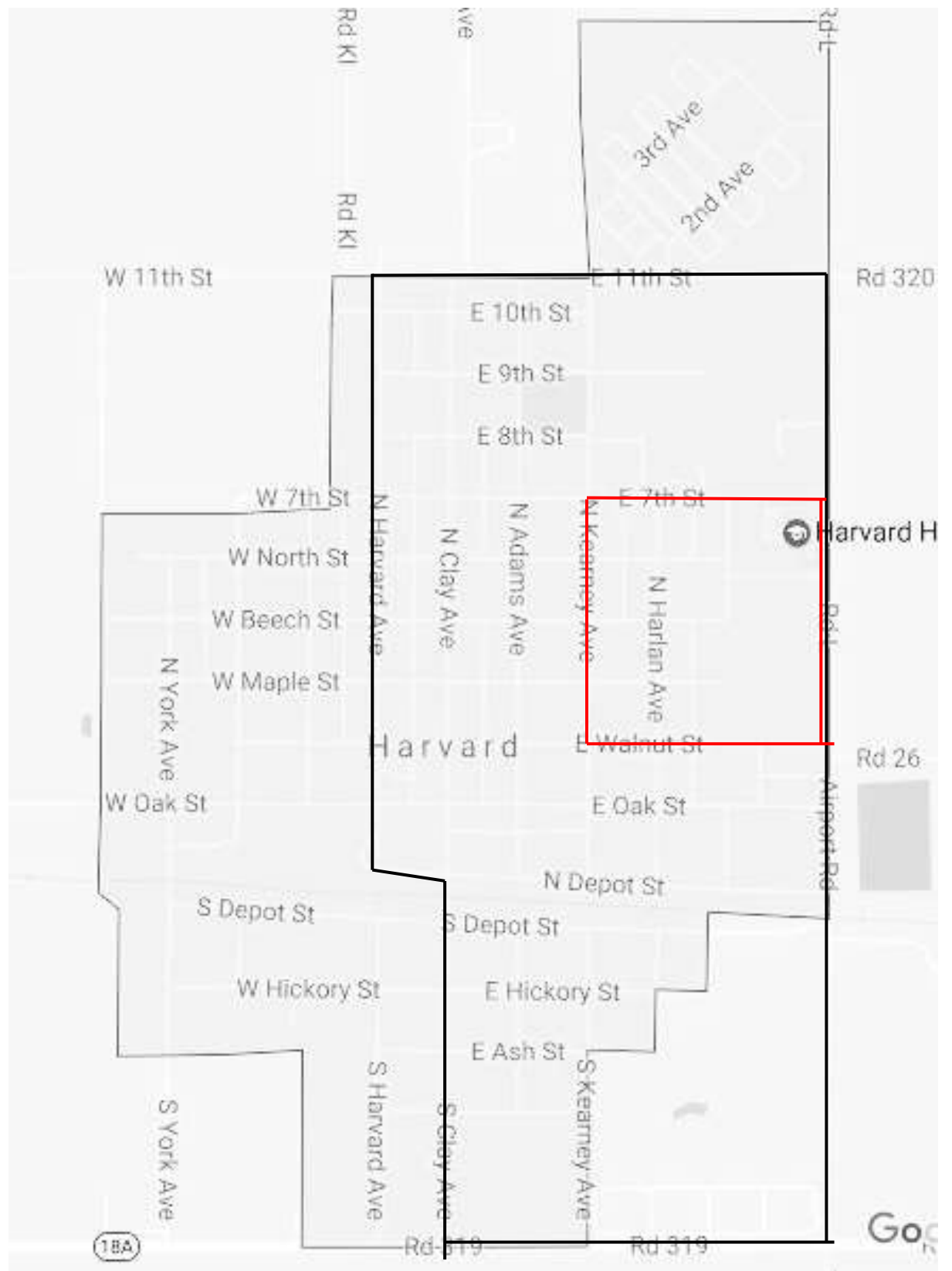
LET'S GET MOVING

Harvard



- The CDC recommends we all get 150 minutes of physical activity per week.
- 20 minutes of exercise boost your mood for up to 12 hours.

Logo's and names sponsored



- 3 Miles route
- 1 mile route- starting at Harvard Public School

#WALKNE