

GET MOVIN' RANDOLPH COUNTY!

The goal of Get Movin' Randolph County is to help guide individuals to live healthier lives through physical activity. Establishing a fitness routine can have a lifelong impact on your overall health and wellbeing.

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Kick-off event Details

We will be having our kick-off event on March 22nd at the Chester Cohen Complex - Field 1, from 5:30-6:45pm!

Register!

Register online to stay in the loop about fitness opportunities in your area, and for a **FREE Get Movin' Randolph County T-shirt.**

Follow Randolph County Health Department - IL on Facebook for updates, or check out Getmovinrandolphcounty.org

Get Movin' At Your Own Pace!

Fill out the provided Fitness Tracking Sheet, and Get Movin'

This is not a challenge or a competition. It is a campaign to support physical activity in Randolph County. This campaign is for Youth to Older Adults.

Wrap-up Event Details

Join us at Lincoln Park in Red Bud on May 4th at 9am to wrap up the Get Movin' fitness campaign. We will have fitness programs provided by Gateway Region YMCA, and many free giveaways for those that complete the fitness campaign!

HAVE QUESTIONS?

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