



November 30 DAY Fit2Feast Challenge

15 minutes of movement	15 minutes of movement	15 minutes of movement	15 minutes of movement	15 minutes of movement
15 minutes of movement	15 minutes of movement	15 minutes of movement	15 minutes of movement	15 minutes of movement
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Commit to just 15 minutes of movement each day! Take a walk, dance with the kids, do a short workout, take the stairs instead. Let's just move!