



PALA Join Today

Sign up for the Presidential Active Lifestyle Award (PALA+) challenge today, and in six short weeks you'll be more active, making better food choices, and feeling great



If you don't have an account, create a free account at

<http://www.presidentschallenge.org>

Choose which challenge you want to participate in, and look up our group in the activity tracker using the group number below.



Group Number: 936582
Group Name: Fort Bliss- Get Fit..Be Strong

Once you join this group, you will be able to:

- Log your activities and earn points that will count toward our group's total and will help you earn President's Challenge awards
- See how you're doing compared to other group members
 - Interact with other members in our group forum
 - Get even more motivated to be active!

Participants must be a Child Youth Services Member. To register, please contact Parent Central at 568-4374

