

VIRTUAL  
**FITNESS**  
CHALLENGE

proudly presented by

**SMOLLAN**



**Step 1: Register**

Scan this **QR code**



or visit

[www.sa.christelhouse.org](http://www.sa.christelhouse.org)



**Step 2: Walk, run or cycle**

**Get fit and track your kilometres from 1-30 Sept.** You can participate as an **individual** or a **corporate team**.



**Step 3: Share your profile & fundraise**

**Share your profile** with friends and family and **raise funds** during Sept. All funds go towards **feeding students** who attend **Christel House SA.**