

Commit to Being Fit with the Poe Center & Miss NC!

In honor of National Nutrition Month, the Poe Center & Miss North Carolina 2015 are challenging NC schools and organizations to **#Add25** to improve fitness and nutrition.

March 1-25, 2016:

1 ADD

#Add25 healthy habits to your routine to improve your fitness & nutrition.

2 POST

Post a statement, photo, or video of your fitness or nutrition challenge.



Include:

- Your group's name,
- #Add25, and
- the Poe Center's name

3 WIN

The group with the most posts wins the Poe Center's popular nutrition assembly



hosted by the Poe Center & Miss NC!

\$2500 value!

+25 MINS
of running
Strong Bones!

+25 CUPS
of fruit
More Energy!

+25 CUPS
of water
Radiant Skin!

