



NEWS RELEASE
North Olympic Library System
2210 South Peabody Street
Port Angeles, WA 98362

FOR IMMEDIATE RELEASE

Date: February 28, 2022
Contact: Jennifer Smathers, Public Services Lead
360.374.6402 or jsmathers@nols.org
Re: Fierce and Fabulous Movement Challenge
Attached: mountain bikes.jpg

Join the Fierce and Fabulous Movement Challenge hosted by the North Olympic Library System (NOLS) to support community members in creating and maintaining healthy habits and movement goals.

Download the Beanstack app to sign up or visit nols.org. Earn badges by tracking your movement starting March 1. For every six badges earned, receive an entry into a drawing for an Olympic National Park annual pass. A paper tracker is also available for pick up at all NOLS locations. All adults ages 18 and older are encouraged to sign up. May 3 is the last day to log all activities. Each NOLS branch will draw a winning entry.

Badges can be earned for a wide-range of activities including: reflecting on our movement goals and writing them down; checking out movement, fitness or exercise materials from the library; stretching regularly; inviting a friend, family or community member to participate in a movement activity, such as a walk or outdoor adventure; keeping track of how much water your drink during the week; trying a new recipe; or celebrating a new healthy habit.

Explore the NOLS catalog for books, movies, and online resources for articles to help develop and facilitate your healthy movement goals. Let's get moving!

This program is generously supported by local Friends of the Library Groups. For additional information on programs and services happening at your library, visit www.nols.org, email Discover@nols.org, or follow North Olympic Library System on Facebook and Instagram.



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