Hi there!

We're so excited for the FitSpirit Celebrations presented by Manulife, and we're glad you'll be joining us! This year, the theme is TOTALLY 2000!

Add some festive items to your outfit to match the theme! Here are some ideas:

In addition to these colorful accessories, here's a list of things to bring:

- A reusable water bottle already filled up
- Lunch and snacks (feel free to bring more food than usual to keep your energy up all day. There won't be any food available on-site.)
- Weather-appropriate clothing and a spare outfit
- Comfortable sports shoes
- Sunscreen
- Your essentials for walking or running (e.g. music, headband, etc.)
- Your FitSpirit t-shirt

Friendly reminder: It's a non-timed event, so no pressure, just lots of fun!

See you soon! ✌️