

# 2017





# WALKTOBER


## An Inspiring Walking Program

### How does it work?

Individuals track their steps (using a step counter) or minutes (dedicated walking minutes) aiming for 6,000 - 10,000 steps or 30-60 minutes a day. The goal is to accumulate 5 or more leaves a week by recording daily minutes or steps on your tracking calendar from October 1 - October 31st.

 30-44 minutes / 6,000 - 7,999 steps = RED

 45-59 minutes / 8,000 - 9,999 steps = ORANGE

 60+ MINUTES / 10,000 + STEPS = GOLD

Program Fee:

\$20 per person

\$25 per person  
with T-shirt

Any combination of RED, ORANGE and GOLD leaves count towards the goal.

Participants who are just starting out should shoot for 20 or more RED leaves, while those who are already active aim higher. The idea is to have a challenging target and develop a walking habit you can maintain for good!

Want extra motivation? Acquire 23 GOLD leaves or more to be entered to win a special prize.

### Who can participate

WALKTOBER is designed for everyone - from inactive individuals to those already making great strides towards better health. Anyone can step it up and be successful with this cool weather walking program.

### Participants receive

TRACKING CALENDAR

WALKTOBER T-SHIRT (Additional fee required)

ENTRY INTO OUR OPPORTUNITY DRAWING FOR PRIZES

To participate register in The Customer Service Office starting September 15, 2017.

For additional questions, contact Adam Gabel @ 624-3417.