

GREENFIELD RECREATION DEPARTMENT

WALKING INTO WELLNESS KEY WEST PROGRAM

**February 15th through April 11th
10,000 steps per day Challenge.**

What is Walking into Wellness?

An eight-week walking program to increase your activity and improve your cardiovascular fitness. It's an easy way to get physically active and win great prizes.

How Does It Work?

- Each participant will receive a pedometer that can be clipped to a belt.
- Participants will record their steps on a destination log and report their weekly total of steps once a week (Mondays) to Deb Davidson at the Town Office via email at greenfieldnhbos@myfairpoint.net or calling 547-3442.
- The first ten* that reach Key West win prizes.

*Number dependent on challenge participants.

Who can Participate?

- All Greenfield residents can participate in the program.

How do I Register and What does it Cost?

- Residents can register by signing up at the Town Office with Deb Davidson no later than February 12th to become a "Greenfield Walker".
- Total cost: \$21 which is \$8 for the program and a one-time charge of \$13 for the pedometer. If you plan to participate in this program, register right away. Pedometers will be ordered for all participants.

Program Incentives

- Pedometer (all participants)
- First (five*) participants – a "Greenfield Walkers" T-shirt and 2 tickets to the Wilton movie theater.
- Next (five*) participants – 2 tickets to the Wilton movie theater.
- The highest number of steps at the end of the program – also receives a \$25 gift card and **all** the Bragging Rights.