

NEXT PROGRAM RUNS MARCH 20TH–MAY 28TH!



This is a 10 week walking program for individuals and teams.

Challenge your Coworkers & Family. All are eligible to participate!

Win Prizes. All participants who register for the challenge and log steps each week will be entered in the weekly raffles. Team with most steps taken based on each teammates’ weekly average will win a grand prize at end of program.

Get Motivated. We’ll send you weekly, motivational emails with new challenges and walking tips to help keep you on track.

Get Healthy. Start your journey to better health by signing up.

Engage. Submit photos/stories/ recipes for inclusion in our newsletter.

Convert activities into steps!

SHOPPING at Local Businesses for 3 hours converts to 12,600 steps!

Doing the HAPPY DANCE for 1 hour converts to 6,540 steps!

SHOVELING for 1/2 hour converts to 4,350 steps!

1/2 hour on ELIPTICAL converts to 6,090 steps!

PAINTING AND WALLPAPERING for 30 MINUES converts to 3,000 steps!

CHOPPING WOOD for 30 minutes converts to 3,990 steps!

Download the conversion sheet [on-line](#) for other activities!

How it works!

PRIZES AWARDED BY WEEKLY RANDOM DRAWINGS ACCORDING TO THE FOLLOWING CATEGORIES:

75,000 + steps = 1st Prize
41,000-74,999 steps = 2nd Prize
10,000-40,000 steps= 3rd Prize

PRIZE EXAMPLES
Free magazine subscriptions! / Gift Cards / Fruit & Veggie Baskets / Guest Speakers

REGISTER NOW!
www.kennebunkmaine.us/HEALTHY2017