

# Walk to Win

# IT'S AS EASY AS 1-2-3

## SEPTEMBER 10-DECEMBER 1, 2011 Walk to Win

**Step Up to the Challenge in this FREE program and you will earn:**

- Valuable time walking with friends, family and your pet
- A lifelong healthy habit
- Eligibility for great prizes

**Step Up to the Challenge** - Have you always wanted to get in the exercise habit but never found an enjoyable activity you could do easily and fit in your hurried daily routine? You can reach your goal of 30 minutes of moderate intensity physical activity at least 5 days a week in more than one way: you can do one type of activity for at least 30 minutes, or you can break down your minimum of 30 minutes of physical activity into smaller, 10-to-15-minute segments. What about walking? Through Walk to Win, a free program, you can begin a lifelong habit that will improve your heart health, help you maintain or lose weight, enhance your mental sharpness and add energy to your day!

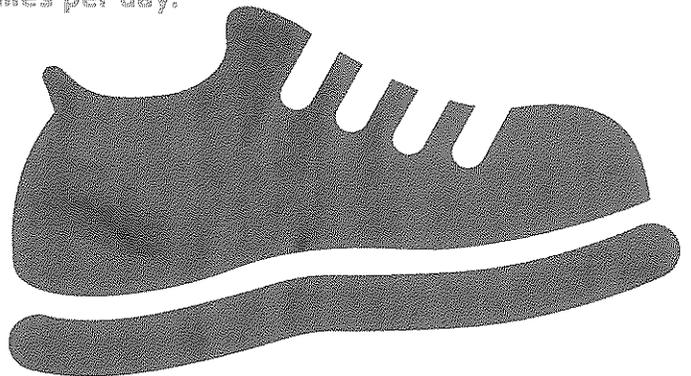
1. Walk or Exercise for 30 consecutive minutes daily.
2. Walk or Exercise for 15 consecutive minutes twice per day.
3. Walk or Exercise for 10 consecutive minutes three times per day.

Visit our website at [www.walktowin.org](http://www.walktowin.org) for proper nutrition and health information.

**Walk to Win Partners:** YMCA of the Fox Cities, Oshkosh Community YMCA, Appleton Health Department, City of Menasha Public Health, ThedaCare, Affinity, City of Neenah Public Health Department, Calumet County Health Department, East Central Wisconsin Regional Planning Commission, Outagamie County Division of Public Health, Winnebago County Health Department

[www.walktowin.org](http://www.walktowin.org)

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