

Fun Fitness Challenge!

October 11th - November 21st



Join us for a free 6-week program designed to get you moving!

Win great prizes: cast iron cookware, vintage Olympics memorabilia, cookbooks, socks, gift card, canvas tote bag, thermal cup, portfolio, fitness & cooking accessories, etc.!

- 1st, 2nd, 3rd place prize for the most “miles”
- Complete the challenge to be eligible for prize drawings.
- Receive fitness tips, recipes, health information, videos links, etc.
- Invitation to group walks/hikes, Tai Chi classes, etc.
- All fitness activities count toward miles!
- Get motivated & active before the holiday eating season. Avoid the winter blues.

Register by October 11th at <https://tiny.utk.edu/MAR2021>

Guidelines:

- Everyone age 8 & up eligible regardless of fitness level or location.
- Invite friends, family, co-workers, etc. Register them & log their weekly miles if they don't have email.
- Use our tracker form or other method to track your individual “miles” & log them weekly for 6 weeks.
- Use weekly email reminder with link to easily record miles.
- Visit <https://www.walkacrosstn.org/> for mileage converter, charts, etc.
- Count all daily steps & activity- 2,000 steps equals 1 mile.
- Winners will be notified about picking up prizes.



Hosted by University of Tennessee Extension in Bradley, Hamilton, Marion & Polk Counties.

Thanks to Lodge Manufacturing, Polk County Chamber of Commerce, The Sock Shop, Erlanger Health Systems!

Contact June Puett, University of Tennessee Extension, jpuett@utk.edu, 423-855-6113 for more information.