



Fun, Free Fitness Program!

October 7 – November 17, 2024

Join us for a 6-week self-paced program for all fitness levels!

Win great prizes:

Passes to white water raft, bike, kayak & paddleboard

Gift cards for health & wellness products, salon & fitness equipment

Multi-cooker, cast iron cookware, gardening supplies, fitness & cooking accessories, & more!

- Set your own goal & pace. Our goal is to get you moving!
- Choose your physical activities- walk, bike, hike, swim, tai chi, yard work, etc.
- Report activity weekly to be eligible for prize drawings- everyone can win!
- 1st, 2nd, 3rd place prize for the most “miles” reported.
- Receive fitness tips, recipes, health information, invitation to group activities, classes & more!
- Join Facebook group for activity options & motivation & earn bonus miles.
- Get motivated & active going into the holiday & winter season.

Register by **October 6th** at <https://tiny.utk.edu/MAR24> or **scan the code:**



Guidelines:

- Everyone age 8 & up eligible regardless of fitness level or location.
- Invite friends, family, co-workers, etc. Register them & log their weekly miles for support.
- Use our tracker form or other method to track your individual “miles” & log them weekly for 6 weeks.
- Click on link in weekly email to easily record miles on-line. Check spam box for email from Jpuett@utk.edu.
- All fitness activities count! 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 to pick up prizes.



Hosted by University of Tennessee Extension in Bledsoe, Hamilton, McMinn, Meigs, Polk, Rhea & Sequatchie Counties.
Contact jpuett@utk.edu or the Family & Consumer Science Extension Agent in these counties for more information.

Thanks to our sponsors!

River Canyon Adventures Bike Chattanooga Lodge Manufacturing Dayton Drug & Wellness Terra Running
The Sock Shop McMinn County Coordinated School Health Love-N-Roots Salon RedMaple Sportswear
Master Gardeners of Hamilton County Bigfoot Outfitters Rafting Polk County Chamber of Commerce

The University of Tennessee is an equal opportunity provider.

