



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 including the new Dolly Parton series,
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 11th** 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 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.

