



Fun, Free Wellness Program

October 13 – November 16, 2025

Join us for a 5-week self-paced program for all fitness levels!

Win great prizes by just participating!:

White water rafting passes, Bike Chattanooga annual passes, Hiwassee train ride & Hamilton County Fair
Gift cards for wellness products & classes, salon & fitness gear, personal trainer, historical print
Locally sourced honey, Lodge cast iron cookware, gardening supplies, cooking accessories, & more!

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

Register by October 12th at tiny.utk.edu/MAR25 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 miles.
- Use our tracker form or other method to track your individual “miles” & log them weekly for 5 weeks.
- Click on link in weekly email to easily record 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 Hamilton, McMinn, Meigs, Polk & Rhea Counties.

Contact jpuett@utk.edu or the Family & Consumer Science Extension Agent in these counties for more information.

Thanks to our sponsors!

Hiwassee River Rail Adventures Bike Chattanooga Lodge Manufacturing Love-N-Roots Salon Terra Running
The Sock Shop Hilltop Honey The Chatterbox Athens City School & McMinn County Coordinated School Health
The Shed Fitness Center Master Gardeners of Hamilton & Rhea Counties Meigs Matters Bigfoot Outfitters Rafting
Polk County Chamber of Commerce RedMaple

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