



Fun, Free Wellness Program

October 12 – November 15, 2026

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

Win great prizes by just participating!:

Passes for white water rafting, biking, Hiwassee train ride for 4 & Hamilton County Fair
 Gift cards for wellness products, classes, food, beverage fitness gear, personal trainer & hair salon
 Portable garden, cooking accessories including Dolly cookware, local honey & more!

- Set your own goal & pace. The purpose is to help you get moving & promote healthy living!
- Choose your own 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 to control weight going into the holiday & avoid the winter blues.

Register by October 10th at <https://tiny.utk.edu/MAR2026> or scan:



Guidelines:

- Everyone age 8 & up eligible regardless of fitness level or location.
- Invite friends, family, co-workers, etc. Register them & report their miles.
- Use our tracker form/other method to log your individual “miles” & report them weekly for 5 weeks.
- Use weekly email link to easily report 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, Bradley, Hamilton, McMinn, Meigs, Polk, Rhea & Sequatchie Counties.

Contact jpuett@utk.edu or the FCS Extension Agents in these counties for more information. Thanks to our sponsors:

Hiwassee River Rail Adventures Raft One Lodge Manufacturing Terra Running The Chatterry
 The Sock Shop Hilltop Honey Bean Creek Winery Athens City School & McMinn County Coordinated School Health
 The Shed Fitness Center Hamilton County Parks & Recreation Master Gardeners of Hamilton
 Love-N-Roots Polk County Chamber of Commerce RedMaple Volunteer Electric Cooperative

Real. Life. Solutions.

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