Walking reduces risks for diabetes, heart disease, obesity and chronic health problems and improves muscle and bone health. What more could you want!? Walking with friends is a great way to get fit for the new year.

Build a team of 5-10 friends, family, co-workers or neighbors to “Walk Across Arizona.”

Walk Across Arizona is not a “walk-a-thon” or fundraiser, but a way to build a healthy habit with friends & co-workers. Registration is $10.00 per adult including a pedometer, program materials, education and t-shirt. FIRST week walking starts Feb. 8, 2009

“Fun and Fitness for Everyone”

From the Grand Canyon to Yuma to Bisbee? How far will YOU walk?!

Sign-up your team and log miles online each week!

How many miles will YOU walk in 8 weeks? Start the new year with some friendly, healthy competition: your worksite vs. favorite restaurant vs. church group vs neighbors. Team captains report team members’ miles online each week. Teams will receive start-up materials by email. Members are eligible for promotional items. Participants completing the final wrap-up will be eligible for team & individual prizes, grand prize drawing in April, 2009.

To Participate, contact Celestina Fast Horse at (928) 475-2350 or celestin@ag.arizona.edu with your team name and further information to complete registration. University of Arizona Gila County Cooperative Extension, PO Box 850 San Carlos AZ 85550
cals.arizona.edu/walkacrossaz/

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