

2010

Walk Across Arizona

January 31, 2010 - March 27, 2010

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 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 \$15.00 per adult and \$7.00 per youth under the age of 12. Costs cover program materials, education and motivational items.

Registration Deadline-January 30, 2010



"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 at the January 19, 2010 kickoff at noon at the UA Student Union 4th floor. Members are eligible for promotional items during the campaign. Participants completing the final wrap-up will be eligible for the grand prize.



Register your team online

cals.arizona.edu/walkacrossaz/

For registration details, potential

Team Captains should contact

Linda Block at 520-626-5161 Ext.

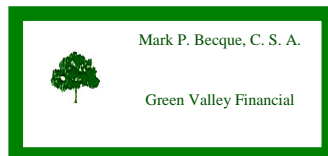
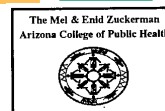
105 or lblock@ag.arizona.edu

University of Arizona

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