



# STAY FIT WALKING

***November 1 - March 31***

***No Age Restriction - \$15***

- **Track Your Miles:** Track your miles any place you are actively walking and each month, email your name and total miles walked to [kpr.recsports@gmail.com](mailto:kpr.recsports@gmail.com).
- **Win Prizes:** Walk over 20 miles in a month to be entered in a prize drawing. The top 5 walkers will be entered in an additional prize drawing.
- **Earn a Shirt:** Submit your miles every month to receive a t-shirt at the end of the program.
- **Guest Speakers:** Watch and comment on the monthly Facebook Live about fitness/health topics to be entered in a prize drawing.

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**SPECIAL  
GUEST SPEAKERS!**

**T-SHIRT!**

**MONTHLY PRIZE  
DRAWINGS!**

Get out.  
Get walking.