



STAY FIT

WALKING



NEW FORMAT

Earn a Stay Fit Walking shirt by turning in your time each month!

NOVEMBER 1 - MARCH 31 WALK ANYWHERE

Stay Fit Walking will now track the time you spend purposefully walking each month and offer additional ways to earn more entries!

- ✓ Walk 900 minutes (30 minutes a day)
- ✓ Earn entries for prize drawings
- ✓ Group Walks/Guest Speakers

More info will be emailed out before the program begins!



All ages & fitness levels welcome!



Registration:
\$15 per person

Online Registration

KPRreg.org

For more information or to register, call:
308-237-4644 or stop in at 1930 University Dr.!