

WALK!

TULLAHOMA

PEDOMETER CHALLENGE

2014

The Rules:

1. Be honest.
2. Report weekly.
3. Have fun, while getting healthy!
4. The competition ends at midnight on September 5.

Pedometers will be distributed July 16 from 2-4 pm at CD Stamps.

The challenge is open to all ages and abilities. At the kickoff meeting, you will be instructed on how to set your pedometer, so you will have an accurate step count. Video instructions at:

[tullahomatn.gov/get fit.](http://tullahomatn.gov/getfit)

Wear your pedometer everywhere you go all day long from July 16 to September 5 .

Each Friday starting July 16, send your weekly step count to Parks and Recreation Program Director, Jason Waller at getfit@tullahomatn.gov. The top 10 leaders will be posted each week at www.tullahomatn.gov/get-fit. Each person that meets 7,500 steps a day will be entered into a weekly drawing for a new pair of running shoes. Return the pedometer if you don't complete the competition or be charged \$29.95

Like us at [Facebook.com/tullahomparks](https://www.facebook.com/tullahomparks) to interact with others who are participating and be encouraged along the way

