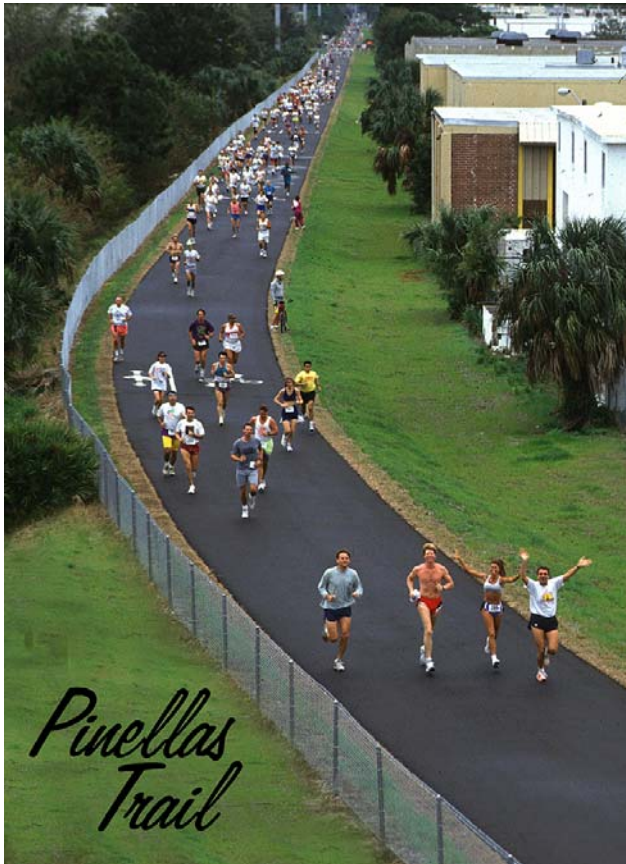


100 Mile Club

Walking Program



Step Up! Pinellas County

Why Walk?

For a Better You!

◆ Live Longer!

Every additional mile we walk adds 20 minutes to our lives.



◆ It's Free!

No special equipment, just a pair of comfortable walking shoes.



◆ Do It Anywhere, Anytime!

Local park, sidewalk, trail, mall, or fitness center.



◆ Burn Calories!

Almost the same calories per mile as running.



◆ Great For The Heart!

Reduce blood pressure, strengthen heart and lungs.



◆ Feel Better!

Participants report having better sleep and mental outlook.



◆ Anyone Can Do It!

No special classes needed, you already know how!



Here's How

It's Easy!

The Pinellas County Health Department and the Pinellas County Parks and Recreation Department have teamed up to offer you this exciting new program. So grab your kids, your spouse, your best friend or neighbor, or get away by yourself and head out for a walk. Be part of Pinellas County's *Step Up, Florida*SM initiative and join fellow Floridians in promoting physical activity and healthy lifestyles.

Keep a log of the miles you walk. The Pinellas County Park trails are measured and marked for you, so there's no guess work. And just think, if you walk 2 miles per day (30-40 minutes), 5 days a week, you will log 100 miles in just 10 weeks! As with any new exercise program, please consult your doctor before starting.

Once you log a total of 100 miles, you're in the 100 Mile Club! Just submit your log and we'll send you the exclusive, members only T-shirt, for you to wear proudly.



What are you waiting for? Start today!



