



...Stepping Towards A Healthy Future

If you want to:

- Improve your health
- Maximize your steps
- Socialize with friends

The Healthy Paths is just for you!
This program is set at your own pace and rewards you for going the extra mile!

Join the Step/Milestone challenge where you earn points for each goal you complete

Prizes available

Healthy Paths

Healthy Paths

October 1st, 2013– April 28th, 2014
Program Days: Tuesdays & Thursdays
Time: 9:30 am-12:30 pm

Stepping Stone Challenge	Points Earned
• 6,000 steps per visit	3
• 8,000 steps per visit	4
• 10,000 steps per visit	5

** Required to bring own step counters*

Milestone Challenge	Points Earned
• 1 mile per visit	1
• 2 miles per visit	2
• 3 miles per visit	3
• 4 miles per visit	4
• 5 miles per visit	5

**Bonus Challenges administered Daily*

Incentives

- 50 Points = Free Pass to Sportsplex
- 100 Points = Water Bottle
- 500 Points = T-shirt
- 1,000 Points = Pedometer or Towel

