

iSWIM iBIKE iRUN



iDANCE iHIKE iPLAY

iWALK Challenge 2011

Feb 7th – May 7th

Are you up for the **iWALK Challenge**? Join the movement to reduce obesity, and improve health and wellness in Sonoma County. 90 days. 90 ways to GET FIT!

- **Register** online at iwalksonoma.org. Click on *iWALK Challenge*.
- **Commit** to get at least 150 minutes of exercise each week (that's just 30 minutes per day, 5 days a week).
- **Track** your minutes over the 3-month Challenge.* Try to do a little more each week.
- **Celebrate** your success by participating in the Human Race! By the end of the Challenge, you'll be ready to walk or run the 3k or even the 10k with friends, family or co-workers.

Registered participants get:

- New found energy / increased fitness
- Entered into **weekly drawings** to win cool iWALK stuff, and Sonoma County Regional Parks passes!
- Recognized if your employer participates in mass. Think of it as *peer pressure for your health!*
- An opportunity to be part of something big!

*You can download a Personal Fitness Tracker when you register; or use your favorite online tool or phone app to track your progress.

There's also a Group Fitness Tracker to help you hold each other accountable.



Sign up at
iwalksonoma.org

