



2010 iWALK Challenge

March 15 – May 15, 2010

Use iWALK to jump start your fitness routine



Commit to 150 minutes of physical exercise each week for 9 weeks (*that's just 30 minutes a day, five days a week*)

Keep pace with Community Leaders who are walking, too

Get a little help from your friends by putting together an iWALK @ Work walking group



Exercise is fun, improves your health, helps you feel better and gives you energy

Stay motivated with inspiring emails and weekly drawings for cool iWALK stuff

See where *your* community ranks for participation (*bragging rights!*)



Download tools like tracking sheets, calorie counters and walking tips from iwalksonoma.org

Be proud of your new found fitness and keep it up

Celebrate your success on iWALK Day- Saturday, May 15th when the people of Sonoma County celebrate fitness through walking



To get started, sign up at iwalksonoma.org. Click on *iWALK Challenge*.