



... a fun, friendly competition promoting physical activity and personal wellness

## What is Walking Through Florida?

<http://www.leoncountyfl.gov/walk/>

Walking Through Florida is a fun, friendly competition promoting physical activity and personal wellbeing provided by the Leon County Extension Service.

### **You're Invited!**

### **It's Simple and It's Free**

The overall objective of the competition is to increase individual levels of physical activity.

Colleagues join together to form teams of four and collectively pool their *miles* to see which team can

walk the farthest over a ten week period.

Team members **do not** have to walk together. Plus, any aerobic activity counts. *15 minutes of any aerobic activity equals one mile for this walk.*

In addition to increasing physical activity levels, team members have an opportunity to learn about healthy lifestyle choices by participating in the weekly educational *Health Update*.

Informative fact sheets on health-related topics are highlighted on the Walking Through

Florida web site each week. Each team member has an opportunity to read the fact sheet, answer five short questions and earn a bonus mile for their team.

The 2013 Walking Through Florida competition starts January 20 and ends on March 30, 2013. Please join our ten-week adventure through the state.

### **Interested? Need More Information?**

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## Health Updates 2013

Topic	Week
MyPlate	1
Labels	2
Enjoy Food/Eat Less	3
Beverage Choices	4
Healthy Fats	5
Grains	6
Smart Snacks	7
Preventing Diabetes	8
Eating Healthy on a Budget	9
Physical Activity	10

