



Walk Through Florida?

Walking Through Florida is a fun, friendly competition promoting physical activity and personal well-being! Teams of four record the amount of time they spend being physically active. Teams can compete against other teams to see who accumulates the most miles in eight weeks from **February 28, 2016 to April 23, 2016**.

Everyone who participates takes home a healthy habit—being physically active!

Any form of aerobic activity counts! Walking, biking, dancing, swimming, jogging, aerobics, etc.



Put on your walking shoes,
gather up a few co-workers
and join ...

Walking Through Florida 2016

February 28th - April 23rd

Registration Begins

February 15, 2016



Earn an extra mile each week reading about the 5 areas of optimal Well-Being: community, physical, career, financial and social needs.

Find Your Balance	1
Love Numbers	2
Read Food Labels	3
Be Heart Smart	4
Reliable Health Information	5
Planning for Meals	6
Family Meals	7
Develop a sense of Community	8

Getting Started is EASY!

1. Form a team of four.
 2. Choose a team captain.
 3. Pick a team name.
 3. Review the competition categories. As a team, select the category that provides your team the best challenge.
 4. The team captain needs to register the entire team at the Walking Through Florida website beginning February 17, 2014.
 5. Each team member is required to complete an individual registration form @<http://www.leoncountyfl.gov/walk/>
 6. Keep track of your physical activity time (minutes) and report your weekly total on the website.
 7. COMPLETE A HEALTH UPDATE AND ADD AN EXTRA MILE EACH WEEK.
- *Activity can be accomplished by yourself or with other team members.

Questions?

Contact Heidi Copeland: Family & Consumer Sciences Agent, Leon County Extension Service
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Competition Categories

Tour de Florida	Team Goal: 896 miles Team Weekly Goal: 112 miles Destination: Tallahassee to Naples, Naples to Tallahassee	Each team member needs to complete a minimum of 60 minutes of aerobic activity per day for 8 weeks to reach 896 miles.
Strides for Healthy Living	Team Goal: 448 miles Team Weekly Goal: 56 miles Destination: Tallahassee to Fort Lauderdale	Each team member needs to complete a minimum of 30 minutes of aerobic activity per day for 8 weeks to reach 448 miles.
A Walk in the Park	Team Goal: 256 miles Team Weekly Goal: 32 miles Destination: Tallahassee to Winter Haven	Each team member needs to complete a minimum of 30 minutes of aerobic activity on at least 4 days per week for 8 weeks to reach 256 miles.

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