

SEPT.
1-30
2023

Annual County Walk Challenge for Health and Wellness



WE NEED YOU!

Calling all community members, leaders, and organizations!

Let's get moving during the month of September by participating in the Annual County Walk Challenge for Health and Wellness.

Individuals and teams are welcome to walk, run, bike, or swim their way to better health while having an opportunity to socialize, build relationships, increase county pride, and improve the health of the community.

Volunteer To Help!!

County leads are needed to collect steps for each county. Contact Mona Huff for more information.

Visit our website: tragerinstitute.org/annual-county-walk

WALKING CAN

- Improve mental health
- Build community
- Help maintain healthy weight
- Increase energy levels
- Prevent, manage, and sometimes reverse chronic disease, such as diabetes, heart disease, and some cancers
- Increase bone density, helping to prevent osteoporosis
- Help increase flexibility and coordination
- Improvement in muscle strength, reducing the risk of falls
- Decrease blood sugars
- Improve digestive health

CONTACT

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HOW THE WALKING CHALLENGE WORKS

Counties can choose to walk individually, with families, as a community, virtually, or any combination of the above!

The counties will be divided into 3 categories according to size. The county with the most steps wins the challenge and receives a “Traveling Trophy” that will be presented at the Kentucky Coalition for Healthy Communities (KCHC) in October.

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Steps and activities can be recorded via actual measured steps or in minutes for movement and submitted to your county lead. We will use an equation to calculate minutes spent exercising, into steps.

Turn in your steps to your county lead by October 2nd. Deadline for county leads to turn in all steps is close of business on October 5th.

Log steps on our website
or scan the QR code:

[tragerinstitute.org/
annual-county-walk](https://tragerinstitute.org/annual-county-walk)



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