

## The Partnership for a Healthier Nassau is supporting an initiative to encourage walking to improve your health.

Walking is one of the easiest and most flexible exercises. It can be done anywhere, anytime, anyplace. Unless you have major health problems, anyone can walk. There is **no age limit** and there is **no special training**. Other than a pair of good walking shoes, no fancy equipment, special clothing or expensive equipment is required.

**Walking is good for your heart.** A good level of fitness can be obtained walking three times a week for just thirty minutes. Studies have shown that walking regularly can reduce your risk of high blood pressure and high cholesterol.

**Walking burns calories and increases your metabolic rate.** Your muscles get a great workout – especially your legs. And with vigorous arms swings, your arms, back and shoulders get toned. This can help you lose weight.

**Walking is fun!** Invite a friend to walk with you or form a group to walk with you. Setting a definite day and time to walk with others helps you be more accountable.

Earn a pair of "Walk with Me" shoelaces! They are bright green like our logo and you can show your support and encourage others to walk by wearing them. The first 1000 walkers to qualify will earn a pair. It's easy! Just keep logs of your walks including miles and who you walked with. Once you reach 50 miles, turn in your log to receive your laces.
Fax your log to the Florida Department of Health, Nassau County at: 904-277-7286. Include your name(s), address, phone number and email address.

Share your walks with us on Facebook and share with your friends. You can find us at *Walk With Me Nassau.* 

FAX to: Florida Department of Health, Nassau County (904) 277-7286

Name of Walker: \_\_\_\_\_\_

Address: \_\_\_\_\_

Phone:

Email: \_\_\_\_\_

Date	Miles	Number of	Date	Miles	Number of
Date	Walked	Walkers	Date	Walked	Walkers
	Valked	Walkers		Walked	Walkers
					l