

Sussex County Walkabout Challenge Community Walk Kick-off Event!!!

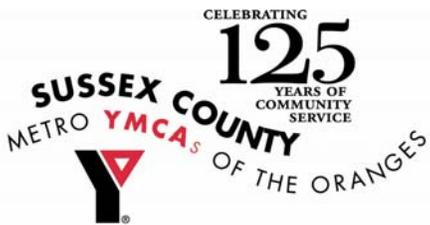
The Sussex County YMCA has partnered with the Sussex County Department of Environmental and Public Health Services to provide a free community event, **Walkabout Sussex County Challenge** on Sunday, September 19th at the Sussex County Fairgrounds in Augusta. The event is open to the community and will be the kickoff to a five week challenge. Registration begins at 9:30 a.m. with a warm-up beginning at 10:50 a.m. and the *Walk* starting at 11:00 a.m.

The Challenge encourages participants to begin taking small steps toward creating a healthier way of life. **Walkabout Sussex County** has been formed to encourage area residents to live a more active lifestyle. More than 60% of adults fail to get the recommended 30 minutes of physical activity a day and 25% aren't active at all. On average, Americans gain 1-2 pounds each year with some gaining even more. **The Challenge** will encourage us to find simple and fun ways to incorporate more steps into our daily routines.

Participants are encouraged to form walking teams for this event and to continue the momentum weeks after. No team is too small or too large and can include businesses, youth groups, neighbors, families, etc. For this *friendly* challenge, participants will receive a free Walking Resource Guide, a handy step-conversion chart and a daily tracking form. Team captains will be responsible for tallying up participants' steps and reporting results to either the Sussex County YMCA or the Sussex County Department of Environmental and Public Health Services. The winning team will be announced on October 24th at the Sussex County YMCA's annual **Fall Family Fun Festival**.

To pre-register as an individual or as a team for **The Walkabout Sussex County Challenge**, please complete the form attached and fax to the Sussex County Department of Environmental and Public Health Services, attention Tracy, at 973-579-0399 or to the YMCA, attention Alma, at (973)209-1483. You can also register by visiting the YMCA's Welcome Center at 15 Wits End Road in Hardyston or call (973) 209-9622.

All participants will receive a free gift bag of products from the event's sponsors and the first 200 registered will receive a free t-shirt and pedometer.



We build strong kids, strong families, strong communities.



Registration Form Walkabout Sussex County Challenge September 19, 2010

Team Name	
Team Captain	
T-Shirt Size	
Name of Organization	
Contact #/ Email	
Team Members (include T-Shirt size)	

Please mail or fax completed registration form to:

Alma Dhuyvetter
Sussex County YMCA
15 Wits End Road
Hardyston, NJ 07419
Phone (973)209-9622
Fax (973)209-1483

Tracy Storms
Department of Environmental
and Public Health Services
One Spring Street
Newton, NJ 07860
Phone (973)579-0370 x1233
Fax (973)579-0399