



Neighborhood Walking Program Description & Important Dates

The walking program is a way for neighborhoods to join together to make physical activity a priority in their community. The synopsis of the program is that people in the neighborhood join together to make a group (no more than 15 people) and choose a group leader. The leader is responsible for their group members' paperwork and group record keeping. The group leader will attend the group leader luncheon on February, 14 at noon. At the meeting they will receive the required paperwork for each group member. The group leaders have about 2 weeks to get the paperwork turned in to the health dept. and receive the goody bags. The goody bags will include a pedometer, walking log, and other goodies. The program will officially begin on Monday, March 5, and end on Sunday, April 29. The program is for 8 weeks. Participants are required to wear the pedometer everyday from March 5 to April 29. At the end of each day the participants will record the number of steps taken that day and the number of minutes they exercised that day. At the end of each week they will provide the total number of steps and minutes exercised for that week to their group leader. Group leaders will keep track of each member's weekly steps and minutes exercised and record the groups' totals in the group leader log.

- **Tuesday, February 14, 2012 at 12:00:** Group Leader Interest Meeting in the KCHD Auditorium
- **Wednesday, February 15 – Friday, March 2, 2012:** Registration for program
- **Friday, March 2, 2012 by 3:00 p.m.:** All participant paperwork must be turned in
- **Monday, March 5, 2012:** Program Begins
- **Week of April 2, 2012:** Leaders will be contacted by phone or email for an updated participation roster
- **Sunday, April 29, 2012:** Program Ends
- **Tuesday, May 8, 2012 by 3:00 p.m.:** All paperwork (group and individual) must be turned in!
- **Saturday, May 19, 2012 at 11:00 a.m.:** Finale picnic at New Harvest Park



This project is funded under an agreement with the Tennessee Department of Health.

Knox County Health Department Invites You To Join The:

Neighborhood WALKING

Group Program 2012

1. Get your walking group together and choose a group leader. Groups limited to 15 people.
2. Group leaders should attend an informational session on Tuesday, Feb. 14, at Noon at Knox County Health Department in the auditorium. **FREE LUNCH!**

3. RSVP for the informational session by Tuesday, February 7, by calling 215-5610 or e-mail rachelm.foster@knoxcounty.org
4. Get ready for 8 weeks of walking and fun in March and April!

All participants will be eligible for **GREAT INCENTIVES AND PRIZES!**



Knox County
Health Department