



Travel Rt. 66 by Foot,

One Step at a Time

Community Activity Challenge

Chandler vs Stroud

May 11th – July 6th

Why Participate?

- ***It's free!*** No charge to participate
- The first 50 participants to register for each community (Chandler & Stroud) will receive a free contest t-shirt
- ***Prizes – Must participate in pre and post weigh in to be eligible***
 - ✓ Trophy will be presented to the community that logs the greatest number of miles during the contest period
 - ✓ Prizes will be awarded to the participant from each community that logs the greatest number of miles.
- Regular exercise reduces and helps maintain body weight
- Exercise reduces levels of depression and anxiety
- Walking regularly will increase endurance and strength
- Physical activity will improve sleep

Please see back side for full competition details and rules

*****Always speak with your physician before beginning a new exercise program*****

Lincoln County Health Department & Stroud Regional Medical Center