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THUMBS UP

Thumbs up to the annual Walk This Way contest, which kicked off Saturday.

The idea behind the event is to get people to walk at least 1,100 minutes over a six-week period. The event is sponsored by Enid Metropolitan Area Human Resource Commission Health Planning committee.

Participants may join the program as individuals or with a team. All participants who walk the required number of minutes will be entered in a drawing for a $600 travel gift certificate. The five-person team with the most minutes walked will receive $50 VISA gift cards for each member. In addition, the company with the greatest participation will be awarded the corporate prize.

Walk This Way is a good way for people to get active, get some exercise and have some fun, too.