

'Walk This Weigh' for health

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By HEATHER AVEY / Staff Writer

It is time to get out those walking shoes and join Texas County Turning Point's "Walk this Weigh" Competition.

TCTP has put together the Walk this Weigh Campaign to bring nutrition back into Texas County.

All Texas County communities are eligible to participate.

The competition is set to kick-off May 1 at 6 p.m. when participants will begin with a two-mile walk to get things started. Participants need to pre-register by April 20 at the Next Step Network, and there is a \$5 entry fee (to receive a T-shirt).

The fee can be paid with cash, check or money order, but if using a check make it out to Texas County Turning Point.

One may enter as an individual or in a team of four and all team members automatically be entered in as an individual. For those who have not pre-registered, but still want to compete they may sign-up at the kick-off, but only those who had pre-registered will receive a T-shirt.

"This is great change for those to not only get back into the swing of exercising, but to have a chance to win some great prizes," Lana Shaffer, Texas County Turning Point Field Coordinator, said.

In addition to the T-shirt, each participant will receive a walking calendar (to record minutes), pedometer and other goodies at the kick-off event.

Record keeping of minutes walked should start on May 1 and end on May 31. Minutes can be counted for cardiovascular exercises that are for a sustained amount of time including walking, jogging, swimming, bicycling, treadmill, elliptical, and other cardio machines

Team members need to submit minutes to team captains at the end of each week. Team captains send information to Jada Dickerson at Next Step Network, PO Box 1739, Guymon, OK 73942 for a weekly update. All individual and team records will need to be turned in by June 4. Drawing for the individual category prize will take place June 12 at the monthly Texas County Turning Point meeting.

For the individual category, individuals with the most minutes accumulated during the six weeks will receive a prize package worth around \$200. Any participant who logs over 900 minutes during the month will have their name put in a drawing for a \$500 credit card.

For the team category, the team with the most total minutes at the end of the six-week competition will receive a prize package worth over \$400 per team.

This competition is based solely on an honor system and all participants should be respectful of that.