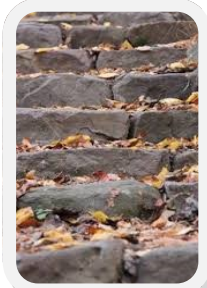
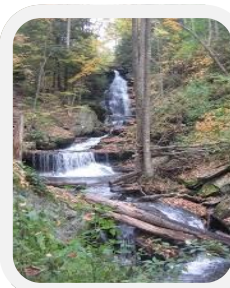


Penn State Extension



Everybody Walk Across PA!

Join Penn State Extension in a FREE virtual walking program exploring Pennsylvania State Parks.

We will track our walking March 30th through May 24th.

Teams of up to 5 people are encouraged to walk/exercise an average of ten miles per person, per week for eight weeks.

All registered participants who provide an e-mail address will receive weekly updates with news and information on outdoor food safety, outdoor family activities, tips for healthy eating and will learn about many of Pennsylvania's state parks and their unique attractions.

Learn more and register for this free program by March 29, 2015 at:
<http://extension.psu.edu/health/walk-across-pa>

How it Works:

- Form a team of up to five members (e.g. family, friends or coworkers).
- Choose a team captain and team name.
- Register team members individually.
- Go out and walk with your team or on your own at a time and place convenient for you.
- Track your mileage and report it to your team captain by Monday afternoon of each week.
- Team captains need internet and email access to e-record the team's mileage weekly.
- Team captains may register members without internet access via the website or by calling the Extension Office listed below.

QUESTIONS?? Contact Nancy Wiker
717-394-6851 or nwiker@psu.edu
Or
Lancaster Co. Extension 717-394-6851

**Have Fun!
Develop Healthy Habits!
Meet New People!
Spend Time With Family and Friends!
Get Fit & Feel Better!**



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