

WALKTOBER 2019

Sedgwick County residents are challenged to 'Walk 2 Wellness' during WALKTOBER!

Record your physical activity in miles, minutes or steps and have a healthy October!

Walk 2 Wellness

Why walk in October?

Because October is the ideal time to walk outdoors with mild weather and beautiful changing leaves, it's also the perfect time to begin a daily walking routine and keep it going all year.

How does WALKTOBER work?

- Register at www.hwcwichita.org.
- Track your physical activity using the calendar or ActiveICT app.
- Report your physical activity at the end of the month for a chance to win healthy incentives.
- Start slow and work your way up to 5 days per week with the goal of 150 minutes per week.

Reasons to Walk

- Walking reduces the risk of stroke, diabetes, and other chronic diseases.
- Walking enhances mental well-being and mood.
- Bonus! Spending time outside in nature has been proven to improve overall wellness.

This event is sponsored by:



Sedgwick County...
working for you



#Walk2Wellness
@hwcwichita
316-776-8177

WALK TO BER 2019

Register to report your minutes:
ActiveCT app, www.hwcwchita.org
or mail completed logs by November 7 to:
Shelley Rich - YMCA Community Development
402 N. Market, Wichita, KS 67202

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Participant's first & last name

Participant's e-mail address or phone number

Track your physical
activity in miles,
minutes or steps!



		1	2 Walk to School Day	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		