



Healthy Oldham County Walk

MARK YOUR CALENDARS!

What: The Healthy Oldham County Walk

When: 09/10/2016, 8:00 a.m. - 9:30 a.m.

Where: LaGrange Baptist Church Parking Lot
1139 Commerce Parkway,
LaGrange, KY 40031



Registration will take place at the church parking lot from 8:00-8:30, with the walk starting at 8:30. The walk will be an opportunity for participants to explore the Greenways trail in the area. Participants will walk for an hour and then steps will be tallied for winners in each age group. The event is free and open to the public! We encourage families to attend together.



DO YOU GET ENOUGH EXERCISE?

Only 20% of Americans get the recommended amount of aerobic and muscle strengthening exercise (CDC, 2014). According to the Centers for Disease Control and Prevention, adults should get at least 150 minutes of aerobic exercise per week, and perform muscle strengthening activities at least twice a week.



The Healthy Oldham County Walk will be a competition with Henry, Trimble, Shelby, and Bullitt Counties to get the most steps! We will provide FREE pedometers during registration, and the county with the most steps will win a traveling trophy and bragging rights for the full year.



For more information about the walk, contact Madri Hall-Faul at 502-714-5163

