*****Chase the Turkey***

***Thanksgiving Pedometer Challenge***

**How many steps can you take in FIVE weeks?**

**Start Date: Monday, September 1st
End Date: Friday, October 3rd**

Walking Cards will be placed in your mailbox with extras at each site. Walk, cross off turkeys, and enter your name for prize draws. The more cards, the more chances to WIN!

“Walking ranks among the most prevalent and beneficial forms of exercise” (VanWormer, 2004).

“…those who wore a pedometer increased their physical activity by 26.9% and took over 2,000 steps more per day than those who did not wear a pedometer” (Bravata et al., 2007).

**“An estimated 15.4% of Canadian adults accumulate 150 or more minutes of moderate-to-vigorous physical activity in 10-minute bouts per week” (Colley et al., 2011). **

**YOUR CHALLENGE: Walk 5,000 steps or 30 minutes per day! For every 1000 steps you take, cross off one turkey on a ballot card.**

**To achieve moderate-vigorous intensity, aim for 1,000 steps in 10 minutes!**

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