

Ready to go？
Hang this poster up on your wall and use it to keep track Of your progress．Just color in the mile－markers above as you walk your way through New Hampshire．Start at the bottom and walk your way up！
www．walkNH．org

## Welcome!

Walk NH is a program for kids and adults to learn how fun and easy it is to get in shape and stay active! Walking regularly helps build strong bones and muscles and can keep you healthy when you get
older. But it's never too late to make walking part of your daily outine and that's why we want people of all ages to take on the Walk NH challenge!

## How to participate

You can choose from several ways to participate.
As an individual - walk 70 miles (the width of NH)

- As an individual - walk 1909 miles (the length of NH)
- As a team or family of 2-6 adults and/or children - walk 190 miles or 599 miles.
Each member of any team must walk at least 30 miles. Team members can combine miles from individual and group walks. Tracking your miles
To keep track of your mileage, record your walks in the spaces below and mark your progress on the map on the other side. Walk to or from school and work, to a friend's house, or around your neighborhood. Hike, take a nature walk or snowshoe with friends and family. You'll be surprised at how quickly those miles add up!

| 6 ${ }^{6}$ Date <br> September 18 | Where I Walked <br> From home to school and back | (6) Distance <br> 2 miles | (\%) Miles So Far |
| :---: | :---: | :---: | :---: |
| September 20 | Town trail | 21/2 miles | $41 / 2$ miles |
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Concord, NH 0330

