

You've walked from Concord to Chocorua Lake and back!

162 miles! You've walked the Cohos Trail through Coos County - the longest single foot trail in NH!

190 miles! Congratulations! You've walked the entire length of NH!

:90A

599 miles!

Congratulations! You've walked the

perimeter of NH!

Congratulations!

You've reached your Walk NH goal! Now just fill out the information on this card. Then cut it out along the dotted line and mail it to the Foundation for Healthy Communities. We will send you a token of achievement that proves you Walked NH!

Now that you've made it to the finish line, all that's left to do is start all over again! The best reward when you walk regularly is staying healthy.

What are you waiting for? Get walking!

:9meN

180

170

160

155

150

145

140

🐌 34 miles!

You've walked up and down Crawford Path to Mt. Washington's summit...twice!

18 miles!

You've walked the length of NH's coastline along the Atlantic ocean!

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!

NEW HAMPSHIRE

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 routine, 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 190 miles (the length of NH)
- As an individual walk 599 miles (the perimeter 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!



To help you measure, it takes about 30 minutes for a 9-year-old to walk a mile. Don't forget to drink lots of water during or after your walks, and eat healthy snacks to keep up your energy.

Go online

Check out www.walkNH.org for more advice on how to earn your miles. The web site also provides a calendar of community walking events, safety tips, as well as updates and photos from Walk NH participants who want to share how they're doing. You can send us your picture, too!

Reaching your goal

Send us the attached postcard once you've reached your walking goal. Everyone who completes Walk NH will receive an 'I Walked NH' patch.

🍪 Date	🍪 Where I Walked	🋞 Distance	Miles So Far
September 18	From home to school and back	2 miles	2 miles
September 20	Town trail	$2\frac{1}{2}$ miles	4 ¹ /2 miles
			Tatal
			Total:



WALK NEW HAMPSHIRE
Foundation for Healthy Communities
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