

# Community Walking Challenge

*10,000 Steps a Day for the Month of May*

The Community Walking Challenge is a free fitness challenge to take 10,000 steps a day in the month of May!

- Challenge is open to everyone!
- Challenge yourself, friends, family, neighbors and co-workers to be more active.
- Inspire someone you know to get more exercise by inviting them to join you in the challenge.



## Great prizes!

### Grand Prize - 1<sup>st</sup> Place

1-Month Membership to the Tahoe Forest Center for Health, including a one-hour Personal Training session (\$110 value)

### 2<sup>nd</sup> Place

Full body massage at the Tahoe Forest Center for Health (\$85 value)

### 3<sup>rd</sup> Place

1-Month Unlimited Group Exercise Membership to the Tahoe Forest Center for Health (\$65 value)

### Weekly raffle drawing for all participants who get at least 10,000 steps a day

15-Minute Chair Massage (\$25 value)

## Registration is free!

For more information and to sign up, visit [tfhd.com/walking](http://tfhd.com/walking)

*Get active, get moving, and get walking!*

(530) 587-3769 | [walking@tfhd.com](mailto:walking@tfhd.com)

