

2012

Walk Across Arizona

Feb. 26 - April 21, 2012

Walking reduces risks for diabetes, heart disease, obesity and chronic health problems and improves muscle and bone health. What more could you want?!? Walking with friends is a great way to get fit for the new year.



Build a team of 5-10 friends, family, co-workers or neighbors to "Walk Across Arizona."

Walk Across Arizona is not a "walk-a-thon" or fundraiser, but a way to build a healthy habit with friends & co-workers. Registration is \$12.00 per adult including program materials, classes, pedometer and t-shirt at the wrap-up celebration. Kick off events are Feb. 16 and 17, 2012. FIRST week walking starts Feb. 26, 2012

"Fun and Fitness for Everyone"



From the Grand Canyon to Yuma to Bisbee? How far will YOU walk?!?

Start the new year with some friendly, healthy competition at your worksite, church group or neighborhood and form walking teams! Sign your team up and Team Captains or team members start logging miles walked, daily/weekly, online, on WAAZ website. Teams will receive start-up materials & directions by email. Besides health benefit from walking, team members are eligible for promotional items, team & individual prizes & a grand prize drawing in May 2012.

Potential Team Captains should contact 602-827-8200 Ext. 324 or email eschnoll@cals.arizona.edu with your team name to get team registration details and password before Feb. 10.

cals.arizona.edu/maricopa/fcs/walk.htm

University of Arizona Cooperative Extension, 4341 E. Broadway Road
Phoenix, AZ 85040

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