



2012 WALK FOR LIFE CHALLENGE A HEALTHIER AMERICA BEGINS TODAY



Event:

The Clinton County C.A.R.E.S. Coalition is a partnership of community, government and business leaders coming together to create healthy Communities, Activities, Rest and Relaxation, Eating, and Social Networks for all of Clinton County. Our mission is to create a culture of health & wellness where individuals, families, workplaces and communities feel empowered to take responsibility for securing a happy and healthy life. Through our collaborative efforts, the Coalition’s goals are to educate our citizens and to promote those behaviors and lifestyles leading to a resilient population. The *Walk for Life Challenge* is sponsored by the C.A.R.E.S. Coalition to encourage families to start moving and just “Walk for the Health of It”

Dates:

Saturday, April 14, 2012 through Friday, August 3, 2012

Location/Course:

Anywhere you would like!

Challenge Rules:

Must be 18 years of age to be eligible for prizes Any age may participate in walking!

Walk a minimum of 5 days per week for 30 minutes each day

Track your steps using the approved pedometer

Record your steps each day on the attached page

Mail your results monthly to the Health Department by May 15, Jun 12, Jul 10, & Aug 7
Clinton County Health Department, Attn: Challenge, 930-A Fairfax St. Carlyle, IL 62231

Call the Health Department for questions (618) 594-2723

Prizes will be awarded each month (May, June and July) for the person who has recorded the most steps in the previous month. In August, we will announce the Grand Prize Winner - the person who has recorded the most steps!

Pedometers:

Free pedometer for the first 125 entrants

Sponsors:

A Tisket A Tasket, All the Buzz Salon & Tanning, Body By Boyd, Branders, Carlyle Courthouse Square, Farmer’s Market, Carlyle Healthcare, Carlyle IGA, Carlyle Meat Market, Clinton County Health Department, Covered in Chocolate, Family Balance, Governor’s Run, Hair Advantage, Heartland, Printing, Logos & More, Med Plus Pharmacy, Medical Reserve Corps, Mideastern Plumbing & A/C, Rick’s Storage, Schleicher’s Bar & Grill, Schuette’s Markets, St. Joseph’s Hospital and Healthplex, University of Illinois Extension, Village of Aviston, and Welcome Mat

2012 Walk for Life Challenge ~ A Healthier America Begins Today

Name: _____ Phone: _____

Address: _____ Age: _____

City/State/Zip: _____ Email: _____

Waiver of Liability: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages, actions and causes of actions against the Village of Aviston, Aviston Community Park, Clinton County Health Department, Clinton County, the Medical Reserve Corps, and Clinton County C.A.R.E.S., their affiliates, subsidiaries, officials, representatives, employees, successors and assigns for any and all injuries suffered by me during the course of said event, preparing for said event, or traveling to and from said event. I understand these activities may be hazardous and I attest and verify that I am physically fit and have sufficiently trained for participation in this event. Further, I hereby grant full permission for the use of my name and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event for legitimate purpose. I understand that I must be 18 years of age to receive prizes. Health Department employees & immediate family members are not eligible to receive prizes.

Signature: _____ Date: _____

Signature: _____ Date: _____

(Parent or Guardian Signature if Participant is Under the Age of 18)

RECORD YOUR STEPS ~ 2012 WALK FOR LIFE CHALLENGE

Apr 14 to May 11 Mail to: Clinton County Health Dept, Attn: Challenge, 930-A Fairfax St, Carlyle, IL 62231 by May 15

| WEEK | SAT | SUN | MON | TUE | WED | THU | FRI |
|--------------|-----|-----|-----|-----|-----|-----|-----|
| Apr 14-20 | | | | | | | |
| Apr 21-27 | | | | | | | |
| Apr 28-May 4 | | | | | | | |
| May 5-11 | | | | | | | |

Month 1: Total Steps Apr 14 – May 11 _____ NAME: _____ PHONE: _____

-----CUT-----

May 12 to Jun 8 Mail to: Clinton County Health Dept, Attn: Challenge, 930-A Fairfax St, Carlyle, IL 62231 by Jun 12

| WEEK | SAT | SUN | MON | TUE | WED | THU | FRI |
|--------------|-----|-----|-----|-----|-----|-----|-----|
| May 12-18 | | | | | | | |
| May 19-25 | | | | | | | |
| May 26-Jun 1 | | | | | | | |
| Jun 2-8 | | | | | | | |

Month 2: Total Steps May 12 – Jun 8 _____ NAME: _____ PHONE: _____

-----CUT-----

Jun 9 to Jul 6 Mail to: Clinton County Health Dept, Attn: Challenge, 930-A Fairfax St, Carlyle, IL 62231 by Jul 10

| WEEK | SAT | SUN | MON | TUE | WED | THU | FRI |
|--------------|-----|-----|-----|-----|-----|-----|-----|
| Jun 9-15 | | | | | | | |
| Jun 16-22 | | | | | | | |
| Jun 23-29 | | | | | | | |
| Jun 30-Jul 6 | | | | | | | |

Month 3: Total Steps Jun 9 – Jul 6 _____ NAME: _____ PHONE: _____

-----CUT-----

Jul 7 to Aug 3 Mail to: Clinton County Health Dept, Attn: Challenge, 930-A Fairfax St, Carlyle, IL 62231 by Aug 7

| WEEK | SAT | SUN | MON | TUE | WED | THU | FRI |
|--------------|-----|-----|-----|-----|-----|-----|-----|
| Jul 7-13 | | | | | | | |
| Jul 14-20 | | | | | | | |
| Jul 21-27 | | | | | | | |
| Jul 28-Aug 3 | | | | | | | |

Month 4: Total Steps Jul 7 – Aug 3 _____ NAME: _____ PHONE: _____

GRAND TOTAL STEPS APR 14-AUG 3, 2012: _____