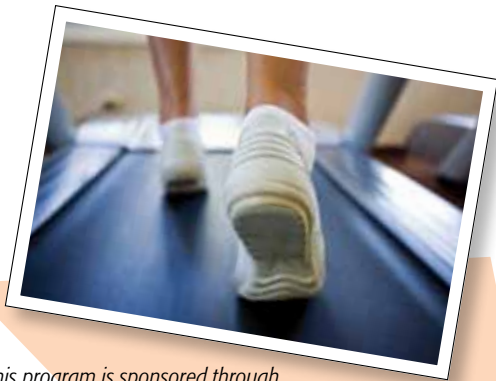


# Join us!

Pull on your shoes and join us as we move more and become healthier. Walk Georgia is a free program open to adults, youth, families, schools, community organizations and employers.

Visit [www.walkgeorgia.org](http://www.walkgeorgia.org) to register yourself or your four-person team. An email address is required to register. Don't have one? Join a team – only the team captain needs an email address to register.

**Log exercise September 5 - October 30.  
Register August 22 - September 8.**



*This program is sponsored through your local Cooperative Extension office. For more information about Cooperative Extension or this program, call 1-800-ASK-UGA1 or go to [www.ugaextension.com](http://www.ugaextension.com).*

# Walk Georgia

*Move More. Live More.*

**Walk, garden, dance, swim, yoga** your way across Georgia. It's time to get moving! You're invited to join us for a virtual stroll through Georgia.



**Walk Georgia** is an eight-week program sponsored by University of Georgia Cooperative Extension. It is designed to increase your physical activity in a fun, interactive, community-oriented way. Participate individually or as part of a four-person team. The goal is to be active, whether you're walking, biking or playing Ultimate Frisbee. Move more, and enjoy living more!



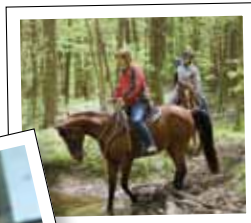
# Walk Georgia

Move More. Live More.

## Record your physical activity.

Daily activities such as walking the dog, going for a jog and playing catch with the kids quickly add up to virtual miles you can use to “walk” across the state. Log on to [www.walkgeorgia.org](http://www.walkgeorgia.org) to keep track of your physical activity. A drop-down menu lets you record everything from pilates and aerobics classes, taking a walk with coworkers on your lunch break or swimming laps in the pool to gardening, horseback riding or playing a game of pick-up basketball. Miles add up to “unlock” counties and get you moving across the state.

*“Keeping a log of my physical activity makes me feel more confident because it lets me see how active I really am.”*



*“Walk Georgia provided a constant reminder to stay physically fit. The competition was motivation and pushed me to another level.”*

## Track your progress.

An online map lets you chart a virtual course across Georgia and learn facts about our state’s 159 counties along the way. Whether you visit the coast or hike the mountains, as you move you will learn new ways to improve your health and see how you compare to other individuals and teams throughout the state.



**WALK GEORGIA GOALS:** ■ Develop regular physical activity habits ■ Have fun! ■ Get healthier and more physically fit