



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Campanelli YMCA

WALK

— FOR A —

HEALTHY
LIFESTYLE!

July 21 - August 19, 2018

WALKING CHALLENGE:

Walk **10,000** steps every day!*

You could reach 300,000 steps or more in 30 days!

*** MUST HAVE A DEVICE TO KEEP TRACK OF STEPS**

Are you up for the challenge? It takes about 2,000 steps to walk a mile - 10,000 steps equals close to 5 miles. Everyone who completes the challenge will receive a raffle ticket to **WIN A Y GOODY BAG!** TWO MEMBERS will be chosen for prizes.

If you are interested in participating, fill out the attached log with your steps per day for 30 days. Upon completion, turn-in your walking log to Lisa Ayeski to become eligible for the raffle. Campanelli YMCA Members ONLY.

QUESTIONS? Contact Lisa Ayeski at 847.891.9622 x109 or lisaa@gcfymca.org.

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