

"Greene Walks"

"Greene Walks"...Isn't it time you started walking?

The Rural Health Network's Healthy Weight Initiative invites you and your family to participate in a fun and easy way to improve and protect your health. The "Greene Walks" program encourages everyone to enjoy walking as the excellent method of physical fitness that it is. Start with only 10 minutes a day, then 20 minutes, then 30 minutes a day to create a lifelong habit which can help prevent obesity and other chronic diseases.

To participate in our 8-week walking program, simply print out your own personal walking log and start walking! Upon completion of the program, mail your log to address shown below to be entered into a drawing for prizes:

Greene County Rural Health Network
Greene Medical Arts Center
Suite A112, 159 Jefferson Heights
Catskill, NY 12414

The Healthy Weight Initiative is giving away FREE pedometers to the first 100 people who pledge to start walking in our program. To get your free pedometer complete the online registration form or call 943-5072 and leave your name and address.

Look for walking path signs in Athens, Catskill, Coxsackie & Windham!

Our Goal: Walking 30 minutes a day!



Program of Greene County Rural Health Network

"Greene Walks"

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTALS
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
TOTALS								

Use this chart to log the minutes you've walked and to track your daily success!

**To be eligible for prize drawings, please mail walking log by September 1, 2010 to:*

**Greene County Rural Health Network
Greene Medical Arts Center
Suite A112, 159 Jefferson Heights
Catskill, NY 12414**

Walking Tips:

- * Break it up--walk 10 minutes a day, 3 times a day to reap the benefits of walking**
- * Park further from the door and walk to your destination**
- * When waiting for an appointment, take a walk**
- * Find a walking buddy to help you stay motivated**
- * In bad weather, walk at the gym or on a treadmill**
- * Get the whole family walking after dinner by walking instead of watching one TV show**