

WALKTOBER 2016

Sedgwick County residents are challenged to **'Walk With Friends'** during **WALKTOBER!** Whether with a friend, family member, neighbor or pet, having a walking partner will remind you to get moving while you enjoy October's mild temperatures!

Walk With Friends

Why walk?

- Walking improves your health.
- Walking reduces the risk of stroke and diabetes and the risk of several chronic diseases.
- Walking enhances your mental well-being and improves your mood.

How does WALKTOBER work?

- Register and track the number of minutes you walk each day using the calendar provided & report your minutes at the end of the month.
- Start slow and work your way up to 5 days per week with the goal of 150 minutes per week.

Why walk in October?

Because October is the ideal time to walk outdoors with mild weather and beautiful changing leaves, it's also the perfect time to begin a daily walking routine and keep it going all year.

This event is presented by:



Health & Wellness
Coalition of Wichita
Coordinated, Connected, Committed.



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PUBLIC SCHOOLS



Sedgwick County...
working for you



WICHITA STATE
UNIVERSITY
CAMPUS RECREATION



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BUSINESS WITHOUT BARRIERS™



K-STATE
Research and Extension



Central Plains Area Agency on Aging
Butler, Harvey & Sedgwick Counties

[www.facebook.com/
walktoberwichita](http://www.facebook.com/walktoberwichita)

Health and Wellness
Coalition of Wichita
www.hwwichita.org
316-683-9441

WALKTORER 2016

Register to report your minutes:
www.hwcwchita.org
Or mail completed logs by November 7 to:
Shelley Rich
Medical Society of Sedgwick County,
1102 S. Hillside, Wichita, KS 67211

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Participant's first & last name

Participant's e-mail address

Walk
With Friends

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Walk to
School Day

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