

DON'T DELAY...JOIN TODAY!!!

“Walk for Your Life”

Hayes-Taylor YMCA Walking Club

Get fit! Improve your physical activity and reduce obesity, cardiovascular disease, diabetes, stroke, certain cancers, health costs.

Club Activities:

- Monthly Group Walks – *in addition to walking our indoor track, meet and walk designated local city park trails!*
- Seasonal Newsletter – *summer, fall, winter, spring editions of walking and fitness information!*
- Seasonal Club Seminars – *nutrition education, walking coaching tips, and more!*
- Special Events Participation – *5-10 K Walks, March of Dimes, Breast Cancer Walks, AIDS Walk, etc. Community involvement!*
- Club Incentives – *50, 100, 300, mile hats, t-shirts, patches, or other identifying articles!*
 - Total miles walked
 - Total pounds lost
 - Special events participation

Weekly walking logs will be provided and should be submitted to the YMCA at the end of each month.

FOR ADDITIONAL INFORMATION CONTACT: Andrea Wright (336) 272-2131

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(Please detach and return to Hayes-Taylor YMCA, 1101 East Market St., Greensboro, NC 27401)

Yes, I am interested in joining the “Walk for Your Life” Walking Club!

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ E-mail _____

Please check the appropriate category:

- Member of Hayes-Taylor YMCA
- Non-member of Hayes-Taylor YMCA
- Occasional Walker (3-5 miles per week)
- Average Walker (5-8 miles per week)
- Daily Walker (8-15 miles per week)

