

Walk & Win 2008



Join the Move-ment!

What: Community walking program for the Rochester community. Simply walk or carry out similar moderate-intensity activities at least 30 minutes a day, five or more days a week. If you do 30 minutes of activity, cross out one activity box on the Walk & Win Card below. Turn in your Card once you have completed 20 sessions of activity. If you turn in a card, you will be eligible for a grand prize drawing at the end of the program. Keep active and fill out more cards – **the more you complete and turn in, the greater your chance of winning a grand prize, but remember: you need to fill them out and send them in!**

Where: Any place is good for physical activity! Organized walks take place every Wednesday throughout July and August (please see calendar at the bottom of the page).

When: July and August, 2008.

Why?: Research studies continue to show that regular physical activity – our daily activity levels – have enormous benefits for our health. Physical activity levels help reduce the risk for many illnesses, including heart attack, stroke, diabetes, high blood pressure, obesity, and possibly certain types of cancer. In addition, physical activity helps elevate our mood, and generally helps every system in our body work better. And of course the weekly prizes and grand prize! **Again, the more cards you turn in, the greater your chance to win a grand prize!**



AN HONEST BIKE SHOP



Walk & Win
2008
CardioVision
2020
Join the
Move-ment!

30 Minutes Activity	30 Minutes Activity	30 Minutes Activity	30 Minutes Activity
30 Minutes Activity	30 Minutes Activity	30 Minutes Activity	30 Minutes Activity
30 Minutes Activity	30 Minutes Activity	30 Minutes Activity	30 Minutes Activity
30 Minutes Activity	30 Minutes Activity	30 Minutes Activity	30 Minutes Activity
30 Minutes Activity	30 Minutes Activity	30 Minutes Activity	30 Minutes Activity

Name: _____
 Telephone: _____ Email: _____
 Age: _____ Gender: _____

*Return to: Joseph Roberts, 565 1st AVE SW, DA SL 208A., Rochester, MN 55902, or see www.cardiovision.org for drop box locations. You can also return this card at the organized Walk & Win Walks every Wednesday (see locations to the right)

**CardioVision 2020 Walk & Win
Organized Walk Calendar**

Every Wednesday, 12:15 to 1:00

All Walks Begin in Front of Government Center Unless Noted

July 2: Walk & Win Kickoff Day
Sponsored by the Rochester Honkers

July 9: An Honest Bike Shop Day

July 16: Great Harvest Bread Day

July 23: Chateau Theaters Day

July 30: Rochester Area YMCA Day
**Walk to originate from YMCA (see website)*

August 6: Hy-Vee Day **Walk starts at Peace Plaza*

August 13: Canadian Honker Day
**Walk to originate from the Canadian Honker (see website)*

August 20: USA Fitness Day
**Walk to originate from USA Fitness (see website)*

August 27: Rochester Produce Day