Take the Challenge!

PALM
Peoria Area Labor Management Council

Moon Walk, a not-for-profit community health promotion program, encourages walking as a daily activity for health and fun.

- **Open:** To all those who live or work in Central Illinois.
- **Runs:** April 16 through June 11, 2010. *Registrations are continuous throughout the program.*
- **Goals:** Win the Moon Walk competition with Quad Cities and Champaign County – one trip to the Moon (238,700 miles) and receive the highest walker average at program's end.
- **Cost:** $10 per person and includes a Moon Walk t-shirt at 100 miles. An on-line coupon for $10 off shoes is available from Running Central. *Accusplit AE 2740 pedometer available for an additional $20.*
- **Compete in Team and Individual Challenges:** Weekly Team Competition Winners earn a $100 donation to the charity of their choice. Log your miles for a chance to win valuable prizes.

Did you know?

In the United States today, more than 70% of all causes of death are lifestyle-related and therefore preventable.

Research shows that regular walking can result in these benefits: lowered blood pressure, weight loss, improved heart strength, plus reduced risk of diabetes, osteoporosis and cancer.

How to Get Involved

- Sign up to be a Team Captain or a participant. The Moon Walk Web site **www.palmpeoria.org/MoonWalk** makes it easy to register teams and track mileage.
- Encourage others to join the program and start reaping the many benefits of walking.