

COMMUNITY WALKING CHAIN CHALLENGE

The Leeds, Grenville, and Lanark District Health Unit is challenging the towns and municipalities throughout the Tri County to a “Walking Chain Contest”. As part of this year’s Summer Active Challenge, each town/municipality is encouraged to enter the contest and form a walking chain. The town/municipality that forms the longest walking chain (has the most people relative to their population), wins! This does not have to be a separate event, but can compliment an existing event such as a community festival, run, or a fundraising walk-a-thon.

To register your community for the “Walking Chain Contest”, call the Health Unit at 1-800-660-5853. Those who register will be contacted by the Health Unit and will receive a kit with resources to help with planning and publicizing your event. Get your walking shoes on and have fun!

Why join the Walking Chain Challenge?

- In Leeds, Grenville, and Lanark Counties less than 25% of residents describe themselves as physically active in their leisure time. (Health Status Report 2004)
- Physical activity along with healthy eating is important for good health. Thirty minutes of physical activity per day is recommended to decrease risk factors for diseases such as type 2 diabetes, heart disease, stroke, and osteoporosis.
- Walking is one of the simplest, cheapest, safest and best forms of physical activity for most people.
- You have a chance to win a prestigious title of “Walking Chain Champions”!

Get together as a community and get active this summer! To register your community for the “Walking Chain Contest” please contact Danielle Shewfelt at 265-1203. For information on physical activity please call the Health Unit at 1-800-660-5853 or visit the website at www.healthunit.org.