

# Everyone's Invited

Residents of North Logan are challenged to walk 100 miles this year.

The City is interested in promoting physical activity and healthy lifestyles and is offering The NLC 100 Miler Club.

**The main goal** is to build and/or maintain a healthy active lifestyle.

## It's Easy!

*No, really it is easier than you think!*

- Keep a log of the miles you walk (or the time you exercise). Logs may be kept on a paper chart, this brochure, or on a computerized version.
- Once you log a total of 100 miles bring your log to the North Logan City Office and we'll reward you with your exclusive NLC 100 MILER t-shirt!
- This year we will also be offering a prize for the most miles walked in a day and most miles during the summer.

Mile Log:			
Date:	Miles Walked	Minutes Exercised	Total:



You're invited to become a member of the NLC 100 Miler club!

## Benefits!

- Live Longer!** Every additional mile we walk adds 20 minutes to our lives.
- It's Free!** No special equipment, just a pair of comfortable walking shoes.
- Do It Anywhere, Anytime!** Local park, sidewalk, trail, mall, or fitness center.
- Burn Calories!** Almost the same calories per mile as running.
- Great For The Heart!** Reduce blood pressure, strengthen heart and lungs.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone#: \_\_\_\_\_

Shirt Size: \_\_\_\_\_

Most Miles in a Day: \_\_\_\_\_

Total Miles: \_\_\_\_\_

Miles due by Oct. 2, 2023

