



**Join us for the 2007
May Madness
WALKING CHALLENGE
*To the moon!***

An ALL district, Month long, Walking challenge

**PRIZES FOR: MOST STEPS WALKED— 1ST-3RD PLACE,
MOST CREATIVE TEAM NAME, MOST CREATIVE PHOTO,
MOST IMPROVED TEAM & INDIVIDUAL, &
MOST INSPIRATIONAL INDIVIDUAL**

- ◆ The challenge will start on **May 1st** and end on **May 31st**.
- ◆ **ALL DISTRICT Employees** are invited to participate in teams of 3-5 individuals.
- ◆ **REGISTER NOW** at www.walkingchallenge.com
- ◆ **ITS EASY!** On, May 1, start logging all of your daily steps (with and without your team) into a website, www.walkingchallenge.com

Questions to Carolyn Kramer: cjkramer@seattleschools.org, or
kramercj@hdsd401.org, 206-252-0754.

* This event is sponsored by Steps to Health, King County

