

**PARTICIPANT
REGISTRATION**

Name _____

Address _____

City _____

State & Zip _____

Phone _____

Email _____

Cost is \$20.00 per person.

Checks payable to:

Tazewell Public Health Foundation

Mail registration payment to:

Tazewell Public Health Foundation
21306 Illinois Route 9
Tremont, IL 61568

Shirt Size: circle one

Youth M Youth L Adult S
Adult M Adult L Adult XL
Adult XXL

T-shirt Pick-up Location: circle one

ICC –CougarPlex
YWCA Pekin
Tazewell County Health Department

***You will be contacted with T-Shirt pickup and online tracking program registration information!**



TAZEWELL
**PUBLIC HEALTH
FOUNDATION**

**21306 IL Rt 9
Tremont, IL 61568**

Phone (309) 925-5511

Trek around Tazewell



Walking Challenge

In 8 weeks, walk 132 miles, the circumference of Tazewell County.

Tazewell Public Health Foundation was founded in September 2010. Non-profit status was achieved in 2014, after working to fulfill the standards.

The Tazewell Public Health Foundation is a locally driven collaboration to increase the capacity of Tazewell County Health Department's programs and services and those of its' community partners to address the health priorities of local residents.

The health priorities of Tazewell County are:

- Infant Mortality
- Substance Abuse and Mental Health
- Obesity
- Lung Cancer
- Public Health System Stability

All programs and projects of the TPHF are in support of the health priorities for Tazewell County.

Fundraising activities are held to support local efforts to promote and protect the public's health.

Heart disease is the #1 killer in the US.

American Heart Association's recommendations for physical activity, including:

- Aim for at least 30 minutes of moderate-to-vigorous physical activities, 5 days a week.
- Remember that physical activity can be accumulated throughout the day. Three 10-minute sessions is the same as one 30-minute session!
- If you're looking to lose weight or maintain your current weight, aim for 60-90 minutes of moderate-to-vigorous physical activity each day

Can you walk 132 miles in 8 weeks?

The circumference of Tazewell County is 132 miles. After completing the challenge, you will have walked around the county!

Tazewell Public Health Foundation is encouraging residents and others to be physically active by walking.

Trek around Tazewell participants will track their miles for 8 weeks, from April 26 – June 21, 2015. All walkers will receive a t-shirt. Cost is \$20.00 per person. Those able to complete the Trek will be entered into a drawing for grand prizes.

Complete the Participant form on the back panel of this pamphlet to register for the TREK AROUND TAZEWell.

You will be contacted with t-shirt pick-up and the tracking program registration information.

Suggested Tracking Devices:

- Pedometer
- Fitness device
- Smart Phone app
 - (Moves Free App is preferred with tracking system)

Grand prizes will include gym membership, fitness items, etc.

BENEFITS OF A WALKING PROGRAM

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin dependent (type 2) diabetes

