

Tipp City Sneakers

*makes walking fun and
challenging!*

You can set your own 'virtual walk' and track your progress using Google maps technology and your step data.

You can design your own challenge and invite others to join you on the Tipp City Sneakers' Facebook page.

You can earn free stuff for your walking achievements.

After completing 100 miles, turn in your log to receive a free t-shirt or goody bag.

Turn in your log and you are automatically entered into a prize drawing each session.

**Don't forget to register at
tmcomservices.org.**

HAPPINESS IS



Why Walk?

Live Longer!

For every additional mile we walk we add 20 minutes to our lives.

It's free!

You don't need any special equipment, just a pair of comfortable walking shoes.

Do it anywhere, anytime!

Walk in your local park or neighborhood trail, shopping mall or fitness center.

Burn calories!

Walking burns almost as many calories per mile as running.

Lengthen your life!

Reduce blood pressure and strengthen your heart and lungs.

Feel better!

Boost your mood, relieve stress, strengthen your muscles and sleep better.

Anyone can do it!

No special training needed.



TIPP CITY SNEAKERS
Tipp City and Monroe Township
Walking Club

*Just
Keep
Walking!*

Get out there
and get walking with the
Tipp City Sneakers
Walking Club.

