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.

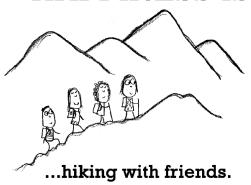
You can earn free stuff for your walking achievements.

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



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



TIPP CITY SNEAKERS - MILEAGE LOG

DATE	MILES	TOTAL

DATE	MILES	TOTAL
lame		
ddress		
Phone		

Signature



Email

3 East Main St. Tipp City, OH 45371

937.667.8631

Monday - Friday 8 am - 5 pm

tmcomservices.org

DATE	MILES	TOTAL