

Take **STEPS** to Better Health with the Barron County

10,000 STEPS CHALLENGE

- ♥ This heart-healthy event will begin on Valentine's Day, February 14th.
- ♥ Increase your average number of steps per day by 2,000 per day—work up to 10,000 steps per day!
- ♥ This challenge is open to all ages; There is no cost to register.
- ♥ Pedometers can be purchased at participating hospitals for \$5 while supplies last but are not required to participate in the challenge.
- ♥ Sponsored by Healthier Cumberland, Barron County Health Department, Lakeview Medical Center, Cumberland Memorial Hospital, and Luther Midelfort Northland.

TAKE THE FIRST STEP

:: Join the 10,000 Steps Challenge ::

1. Go to www.americaonthemove.org
2. Click *Join Now*
3. Select *Individual Registration*
4. Use the **registration code** for your community:
 - ⇒ RCU100828 for Cumberland
 - ⇒ RBA101150 for Barron
 - ⇒ RCA101129 for Cameron
 - ⇒ RCH101199 for Chetek
 - ⇒ RPR101157 for Prairie Farm
 - ⇒ RRI101829 for Rice Lake (third symbol is a capital letter I)
 - ⇒ RTU101136 for Turtle Lake
5. Follow the instructions to complete registration. Select **2/14/08** as the start date.
6. Log-in daily to enter the total number of steps you take each day.
(Paper tracking forms are available at participating hospitals.)

**Step up to better
health in 2008!**

**For more information visit www.healthiercumberland.org
or call Barron County Public Health at 715-537-6580.**