



get *moving* Cumberland

May 4 - June 14th

Physical activity is part of a more energetic and healthier lifestyle.

Healthier Cumberland challenges all who live or work in the Cumberland area to set a goal to do at least 150 minutes of physical activity a week.

Set a personal goal and track your daily minutes of any of the approved physical activities. Submit the tracking forms at the **Cumberland Public Library** to be eligible for prize drawings. Each record needs 150 minutes per week to qualify.

Drawing #1

\$50 Chamber certificate - submit Form 1 (May 4th—17th) by **May 20th** to qualify

Drawing #2

\$50 Chamber certificate- submit Form 2 (May 18th—31st) by **June 3rd** to qualify

Drawing #3

Wii System—submit Form 3 (June 1st—June 14th) by **June 20th** to qualify

Challenge tracking forms can be picked up at the Cumberland Public Library or downloaded at www.healthiercumberland.org

Call 715-419-0774 for more information



This challenge is sponsored in part with funds from the Healthier Wisconsin Partnership Program. Please consult with your health care provider before starting a new exercise program.