

Northern Kentucky Walktober

This October, the Health Department and its partners in Boone, Campbell, Grant and Kenton counties are challenging Northern Kentucky residents to walk.

This **FREE** program will include a kick-off celebration in September and scorecards to keep track of your walks and prizes.

The goal of Walktober is to dramatically boost walking in just 31 days — from the national average of 4,000 steps a day to 8,000 - 10,000 steps a day.

Individuals can register for the program at any of the kick-off

For more information on Walktober or Walk to School, contact the Northern Kentucky Health Department at 859.578.7660 or visit <http://www.nkyhealth.org>.

locations. At registration, they will receive their Walktober log book (includes program tracking sheets).

The first **200** participants at each kick-off location will receive a Walktober T-shirt and pedometer.

Walktober is open to anyone— participants can set goals based on their current level of activity.



You could **WIN \$100** by participating in Walktober!

KICK-OFF LOCATIONS:

- **September 28: Grant County**
8 a.m.—8 p.m. at *Grant County Park*
- **September 29: Boone County**
9 a.m.—1 p.m. at *Florence Government Center*
- **September 30: Campbell County**
2 —5 p.m. at *the Purple People Bridge*
- **September 30: Kenton County**
2 – 6 p.m. *Erlanger Library (Kenton Lands Road)*

Boone, Campbell, Grant and Kenton county schools in Northern Kentucky will be joining schools from around the world to celebrate International Walk to School Day on October 1, 2007.

INTERNATIONAL



- The Northern Kentucky Health Department has challenged schools to get their students walking or biking to school. The participating schools will track student participation for the month of October.
- The top three schools with the highest percentage of student participation will win \$300, \$200, or \$100 toward pedestrian and bicycle safety materials and education for their school.
- **Three winning students from Northern Kentucky schools will receive an iPod!** The event will begin October 1 through October 31 with kids walking to school.
- Those schools choosing to participate where students are unable to walk or bike to school will be designating time during the school day for those students to walk a total of one mile (or 20 minutes) each day of the challenge.

Bike Rodeos: This is a **FREE** event for kids 5 to 14 years of age. Bring your bike and helmet and learn how to ride your bike safely on the road or in your driveway. All bike rodeos will be from 10 a.m. till noon on October 13, 2007, at the following locations:

Boone County Court House 2950 Washington St. Burlington, Ky.	Presidents Park 283 Dudley Road Edgewood, Ky.
Cold Spring City Building 5694 E. Alexandria Pike Cold Spring, Ky.	Grant County Middle 305 School Road Dry Ridge, Ky.

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Step Forward Erlanger



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NORTHERN KENTUCKY HEALTH DEPARTMENT