



**Walk Georgia**

**Walton County Cooperative Extension**

**100 N. Broad St**

**Monroe, GA 30655**

**770 267-1324**

The fall session of Walk Georgia begins September 5<sup>th</sup> and ends on October 30<sup>th</sup>. Walk your way across Georgia in just eight weeks getting fit and trim through a variety of physical activities. Think about your time spent in gardening, exercising, swimming, cycling, fall ball games and may more activities can help with counting your miles up to walk across Georgia.

You may participate as an individual or a team of four. Talk to your family, co-workers, and friends. Virtually walk your way across Georgia in just eight weeks and feel great about feeling better, eating better, and losing a few pounds. At the end we will meet with the top team to present a trophy and prizes.

To track your activity, go to [www.walkgeorgia.org](http://www.walkgeorgia.org) it is simple and easy to follow the directions to log on yourself or your team. You will log on your time in minutes and Walk Georgia will convert to miles. Yes you can count activity at work, then time spent with your family. You will virtually walk across Georgia and as one person in Walton County said “they found a great place to vacation close to home they never knew about”. “ Others have said they have enjoyed Walk Georgia so much that they kept up the activity they started, and feel better for continuing the program.”

It is easy to do, just log on to [www.walkgeorgia.org](http://www.walkgeorgia.org) August 22 – September 8. We would like to see a healthier Walton County and it begins with you.

If you have more questions call the Walton County Cooperative Extension office at 770 267-1324 or Walton Wellness at 770 856-1251

Molly Kimler

Walton Cooperative Extension

Walk Georgia