

in motion Walking Workout Challenge

April 1—June 30, 2007

What Is It: Your Walking Workout is a tool to track daily walking. It is a way a person can challenge themselves, a classmate, a co-worker, a friend, or a family member. If you are physically active already, or if you want to be more physically active, you can use Your Walking Workout to monitor your own physical activity.

**Win a treadmill at:
www.in-motion.ca**



How To Participate:

- Go to the **in motion** web site and click on "Your Walking Workout".
- You will be instructed to choose an intensity level of: light, moderate, or vigorous. The intensity does not affect the Challenge! Choose an intensity that is appropriate for you.
- Fill out the form for Your Walking Workout account. This will also register you for the Challenge. The more you use Your Walking Workout, the more likely you are to win a great prize. Log on and sign up today for your chance to win!
- Consistently record your walking (at least 30 minutes of physical activity 5 days a week) from April 1—June 30, 2007.

What's In It For Me: Besides the many health benefits of physical activity that every participant will receive, a lucky participant will be randomly selected as the **winner of a**

Series 3 Bowflex Treadmill supplied by **Flaman Fitness** after June 30.



There is no cash value for prize. Prize available as is. There is no exchange, or upgrade available.

By participating in this event, permission is given to use your story and/or image in promotional matters.

Be sure to consult a physician before starting any physical activity program.