



Healthy Eating and Active Living
www.getmovingkern.org

Mercy Hospitals of Bakersfield



Get Moving Kern's Virtual *Walk Across America* Bakersfield, California to Bangor, Maine Sponsored by Mercy Hospitals of Bakersfield

Why Walking?...What a better way to get moving! Walking is good for your mind, body and spirit. *Get Moving Kern* seeks to inspire residents of Kern County to *Get Moving!*

Get Moving Kern's Walking Program at a Glance

Target Population:

- ∇ Schools/Individuals/Groups
- ∇ Any resident of Kern County!

Program Format:

- ∇ Bakersfield, California to Bangor, Maine: *Get Moving Kern's Virtual Walk across America*
- ∇ Individuals or groups track their progress on walking logs and report it to *Get Moving Kern*.
- ∇ Community Walking Events will be held throughout the year.
- ∇ Two six month competition cycles.
 1. April 2006 – September 2006
 2. October 2006 – March 2007

What GMK Walking Program Participants Get:

- ∇ Walking Kit: How to's, Program Outline & Walking Routes
- ∇ Walking Tools: Pedometers, T-Shirts & Water Bottles
- ∇ Participation Incentives: Prizes for miles walked and consistent reporting

To participate as a walker or for more information please contact:
Kristin Weirather (661) 861-0852