

# 100 Mile Challenge

The 100 Mile Challenge is a Walking for Wellness Event

Participants **are required to either walk or run outdoors or on a treadmill.**

Participants **are not allowed to count steps on the cell phone devices for walking. (office, store, etc.)**

Participants **are only allowed to use their cell phones to monitor the distance walking or running outdoors or on a treadmill.**

The 100 Mile Challenge is to promote a healthier lifestyle, lower (BMI) Body Mass Index and to

improve overall health issues participants may have including prevention & managing Diabetes, weight management, hypertension (high blood pressure) etc.

Any questions or concerns contact

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