

Walk Georgia Registration Opens
On August 22nd



Walk Georgia is ready for fall and wants you to put on your walking shoes and move more for a healthier you in 2010.

Walk Georgia is a free program open to adults and youth, churches, organizations and the workplace. The 8 week program is sponsored by UGA/Cobb County Cooperative Extension.

Walk Georgia is designed to increase your physical activity in a fun, community-oriented way. Participate as an individual or in teams of four. You can log your real time exercise virtually at www.walkgeorgia.org. You can calculate aerobics classes, walking your dog, a pick-up game of basketball, swimming and more by using a dropdown menu which translates these activities into 'miles'. Through the online map, you can electronically chart a course as you "walk" across Georgia. The map gives a great history lesson of counties in Georgia for children and adults.

Go to www.walkgeorgia.org or call Rosalind Swainson at 770-528-4090 now for details and then August 22nd – September 8th you can register on-line. Actual recording of physical activity begins September 5th – October 30th.

Call us for posters and brochures that you may distribute.