

# Walk Georgia

*Move More. Live More.*

**FEBRUARY 12 - MAY 5**

*registration opens February 1*

**Work your way across Georgia** by walking or engaging in your favorite physical activity and then chart your progress across the state on our online map.

**WALK GEORGIA** is a 12-week program sponsored by University of Georgia Cooperative Extension designed to increase your physical activity in a fun, community-oriented way. You may participate as an individual and track your progress with other individuals in your county and state OR join a team of four to exercise together.

**For more information and to register for Walk Georgia,**

go to [www.walkgeorgia.org](http://www.walkgeorgia.org). To contact your local Extension office, call 1-800-275-8421 or visit [www.extension.uga.edu](http://www.extension.uga.edu).

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