

Walk your City 30 Day Challenge

July 1-31, 2017

A Healthier Chisago Lakes Starts Today!



- ♦ Complete Five Challenges over 30 days and win great prizes
- ♦ Open to all ages
- ♦ Print the form and when completed turn into Chisago Lakes Chamber
- ♦ Drawing August 5: Prizes include Super Day pass to Wild Mountain Water Park and Go Carts for 2 people plus many gift certificates to local businesses

Name: _____

Phone: _____

Email: _____

Complete any five challenges in any combination:

- | | |
|---|-----------------------|
| • 20 minute walk in Chisago City | Date completed: _____ |
| • 20 minute walk in Lindstrom | Date completed: _____ |
| • 20 minute walk in Center City | Date completed: _____ |
| • 20 minute walk on Shafer Bike Trail | Date completed: _____ |
| • 20 minute walk in Taylor's Falls | Date completed: _____ |
| • 20 minute walk in Ojiketa Regional Park – Chisago City | Date completed: _____ |
| • 20 minute walk Interstate Park - Taylor's Falls | Date completed: _____ |
| • 20 minute walk Allemansratt Park - Lindstrom | Date completed: _____ |
| • 20 minute walk Wild River State Park
North of Taylor's Falls | Date completed: _____ |
| • 20 minute walk on Scenic section of
Swedish Immigrant Trail off Tern Ave.
2 blocks north of Franconia Sculpture Park | Date completed: _____ |

Healthy living starts with an active lifestyle. Get your family and friends out to walk our community. For other healthy activities join Lakes Community Fitness on Facebook.