

WALK YOUR WAY CHALLENGE



MARCH 10 - MAY 25, 2025

Have you decided it's time to get off the couch, but are not sure how to start?

Start Slow, Start Smart, Start with Us!

This 12-week challenge is based on the National Heart, Lung, and Blood Institute's walking plan and allows you to start at a pace that is comfortable for YOU.



Todd County Extension Office
240 Pond River Road
Elkton, KY 42220
270-265-5659



Register at the Todd County Extension Office, on-line at <https://bit.ly/WalkYourWay2025>, or scan the QR code.

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