



**PHIL'S**

Starts  
Nov.  
16th!

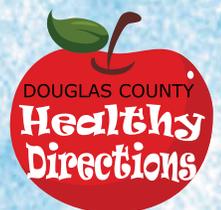
# Winter Walking Challenge!

November 15 - February 16

Fight off those extra holiday pounds and get ready for Valentine's Day! Just fill an enrollment sheet (Your department head has them or visit Kathy Goodman in Human Resources on the 5th floor) and start walking November 16th! You can walk with Phil or you can walk solo on routes of your own choice. At the end of the 14 weeks, hand in your tally sheet to Kathy Goodman. The top 5 walkers who logged the most hours will win cool prizes! All participants will receive a Healthy Directions water bottle.

**ENROLLMENT DEADLINE IS  
FRIDAY, NOVEMBER 13TH!**

Phil Rooney from the Douglas County Health Department doesn't want to stop making positive changes for his health. Sure, it's going to be cold and wet. Probably snowy and windy, too. So he's inviting you to join him for indoor walks three days a week – Monday, Wednesday and Friday at noon. Just meet by the lunch room in the Civic Center, look the other way, and we'll go across the street to walk inside for our health until the snow melts.



Commit to be Fit