



Yeled v'Yalda WIC Proudly Presents:

Walking In Company Walking Is Calorie free

To be a healthy person, good nutrition must always be partnered with an active lifestyle. In addition to eating a well balanced diet full of whole grains, fruits, vegetables, nuts, etc., you really need to get at least 30 minutes of aerobic exercise each day. What better way to do so than by walking?! Walking is low impact and can be done anywhere. Best of all, it does not require expensive gym membership. But walking can be rather lonely. Introducing Walking In Company.

The Yeled V'Yalda WIC Program is pleased to introduce to our participants the "Walking In Company" initiative. As part of this initiative participants have the opportunity to join with other WIC participants in promoting an active and healthy lifestyle. Participants can partner up with friends or family members, or can be partnered up with other members of the WIC Program to go walking together on a regular basis. All participants who sign our registry and join the Walking In Company program will receive a pedometer and are eligible for entry in ongoing raffle drawings for nutrition related prizes. Prizes include blenders, grills, yogurt makers, food processors, and juice makers.

After completing the Walking In Company registry just fill out the raffle entry at the bottom of this page and give it in to any member of the Yeled V'Yalda WIC staff. Winners will be notified by phone. Thank you for your participation and good luck!

Remember...Walking Is Calorie free!



Yeled V'Yalda WIC Program Raffle Entry

I commit to walking at least twice weekly for a minimum of 30 minutes each time.

Family Name: _____

Address: _____ Phone Number: _____

Need a partner? Yes No WIC ID Number: _____

Signature: _____