

Wal-Kin' on Sunshine Steps Off

Saturday, June 6 *A 12-week walking program*

Enjoy the summer sunshine and get fit with your family when M-NCPPC's Department of Parks and Recreation kicks off our new family(kin) walking program on June 6.



Families with children just learning to walk through age 18 are encouraged to participate in Wal-Kin' on Sunshine. You'll **get a free M-NCPPC pedometer** to log your steps, and take walks on your own on Sundays through Fridays—walk in your neighborhood or pick a nearby park or trail. Each Saturday (except July 4), join a 10 am group walk at M-NCPPC's Lake Artemesia in Berwyn Heights / College Park, Watkins Regional Park in Upper Marlboro, or the Tucker Road Sports Complex in Fort Washington. Pedometers will be handed out at the first group walk. You'll just total up your steps for the week and report them to the staff person at each Saturday walk, through August 29.

At the end of the summer we'll hold a 2-Mile Celebration at 4:30 pm on Saturday, August 29, at Watkins Regional Park to honor your participation and family accomplishment. Participants who attend at least 10 of the 12 group walks will receive a T-shirt to wear proudly. Awards will be available for everyone who successfully walks at least three times each week, recording and reporting their steps.



The goal of the 12-week program is to help parents be responsible for their own health and the health of their children—childhood behavior and habits in adulthood are strongly influenced by parents' and family members' behavior while a child is growing up. If you set an active and healthy example, you'll likely raise an active and healthy child.

Register for the Wal-Kin' on Sunshine program using the SMARTlink system, at a cost of just \$10 per person for Prince George's or Montgomery County residents, or \$12 for non-residents.

The Lake Artemesia walking group

SMARTlink #142824

The Watkins Park group

SMARTlink #142828

The Tucker Road Complex group

SMARTlink #142830



Something
for Everyone!



For more information, contact the Sports, Health and Wellness Division at 301-918-8100; TTY 301-918-8123.

