



Welcome to CincinnatiWALKS, a lifestyle fitness program designed to help you be active and healthy.

We provide you with a clip-on pedometer that tracks the number of steps you take each day – a great way to get you moving and see your progress with the touch of a button.

Studies show that taking 10,000 steps (roughly five miles) a day can lead to better health and can reduce the risk of chronic diseases like heart disease, diabetes, high blood pressure, and osteoporosis. Walking is also excellent for reaching and maintaining a healthy body weight.

Most people average 3,000 to 6,000 steps a day in routine activity. With a pedometer, people are encouraged to be more active than their average daily routine activity. The CincinnatiWALKS digital pedometer is easy to use, durable, and state-of-the-art for your walking goals.



Join CincinnatiWALKS today and be part of a community of people who are taking control, having fun, and walking their way to better health.

Walk more, feel better, look better.
10,000 steps a day is the easy way.

REGISTER

Complete the form below to register in the CincinnatiWALKS program and order your state-of-the-art digital clip-on pedometer.

RECEIVE

- Your CincinnatiWALKS program guide
- Eight-week Step Tracker Logsheets
- Official CincinnatiWALKS Digital Pedometer
- 1-year subscription to "Food for Thought," the Nutrition Council's quarterly newsletter
- Chances to win exciting prizes and drawings

RECORD

Keep track of your progress with your CincinnatiWALKS Step Tracker. Set daily, weekly, and monthly step goals. The daily goal is 10,000 steps.

RETURN

Every eight weeks, return your Step Tracker to the Nutrition Council. We'll send you a new Tracker Form and enter your completed Tracker forms in our prize drawings.

REWARD

... the benefits of a fitter, leaner, more active body. This program is ongoing, so start walking for life.

Yes, sign me up and send me my CincinnatiWALKS registration kit.

Name _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____

Enclosed is payment for:	Qty.	Price	Total
CincinnatiWALKS digital pedometer (Includes safety strap and two clips)		\$25	

2400 Reading Road, Suite 201B
Cincinnati, Ohio 45202
(p) 513.621.3262
(f) 513.621.9355 (credit card holders only)
www.nutritioncouncil.org

Yes, I have an additional donation to support Nutrition Council Programs. \$ _____

I will pay by: Check (please make check payable to the "Nutrition Council")

Visa MasterCard # _____ Expiration Date ____ / ____

How did you hear about CincinnatiWALKS?



FOR OFFICE USE ONLY: received date: _____ payment recorded entered in database pedometer/kit sent