

STEP IT UP WALKING PROGRAM

ADULT PROGRAMS



Getting Fit

Program Description: Here is your chance to get in shape while earning incentive awards. This program promotes healthy, active lifestyles and well being for members of the community through walking, jogging, or running. Must be 16 or older to participate.

Program Outcome: By the end of this program, participants should develop positive lifestyle habits; increase level of self-satisfaction through participation; find trails to be safe and satisfactory; and be willing to further their involvement throughout the year.

Register: On Going
Where: Logan Community Recreation Center,
195 South 100 West
Fee: \$5 (includes pedometer and tracking log)
Health Benefit:



For more information call Logan Parks and Recreation Department at (435) 716-9250 or visit us at 195 South 100 West, Logan, Utah.

Register for **programs** at www.loganutah.org/parks_and_rec/index.cfm