

Are you ready to develop a healthy habit? Are you part of a group of at least 10 adults who are motivated and want to be rewarded for your efforts? Then it's time to Get Moving OKC! Sign up your group to participate in a program that will reward you for walking your way to a healthy lifestyle.

Established by the Oklahoma City Community Foundation, Get Moving OKC! is a 13-week program designed to encourage 20 community groups to form walking teams to both improve their health and earn a cash reward!

### Why a walking program?

Walking is the body's most natural form of exercise and a great place to start creating a higher level of fitness and overall health. It's safe, simple, doesn't require practice and the health benefits are plentiful! We've identified more than 20 "Great Places To Walk in the Oklahoma City" area. You can view the list at [GetMovingOKC.org](http://GetMovingOKC.org). If your favorite walking spot is not included, please let us know so we can add it!

### Who's Eligible To Apply?

Groups located in the Oklahoma City metropolitan area who are committed to developing healthy habits for their members and will continue healthy activities after the program ends.

### Eligible groups include but are not limited to:

Neighborhood Associations  
Employee Groups

Active Church Congregations  
Sororities and Fraternities

Nonprofit Organizations  
Parent Associations

*NOTE: All team members must be 18 years or older and reside in the central Oklahoma area.*

### What is required?

Team members will commit to walk or run an average of at least two miles a day, five days a week or at least 10 miles a week. This should be in addition to normal daily walking while at work or home. At least 10 members must continue the program for 13 consecutive weeks (March 31-June 27) and document 130 miles per person at the conclusion of the program.

### What's the reward?

In addition to developing a healthy habit, those teams who successfully complete the program will receive a reward of \$100 per person up to 25 people. That's a potential \$2,500 reward for your group that can be used for any charitable cause or project such as upgrading a neighborhood association's holiday lights display, a gift to a church's general fund or youth group or the purchase of incentives to continue the team's walking program. (Direct cash gifts to program participants is not allowed.)

### Deadline for Participation and Program Start Date

Applications and participant lists must be submitted by 5:00 p.m. on March 15. Applicant groups who meet the criteria will be notified by March 25. Teams can begin tracking their walking on March 31st.

Applications and additional information is available online at [www.GetMovingOKC.org](http://www.GetMovingOKC.org) or by contacting Chris Busby at 606-2903. **Let's Get Moving OKC!**