



WALKTOBER™

Fall Into Fitness with Walktober! CCCSIG's NEW Healthy Lifestyles Program for Contra Costa County School Employees!

Program: Walktober, a 31-day National Walking Month campaign during the month of October

Target Audience: All Contra Costa County School District Employees

Program is available in two different versions—paper or online

(NOTE: the online program is limited to the first 500 participants who sign-up).

New this Year: An optional Walktober poster will be available for those sites interested in tracking progress in a common area, such as a break room at the site.



Purpose:

- To get fit and have fun!
- To increase your daily amount of walking.
- To become healthier and more energetic.
- To learn fun, new ways to enjoy the best October has to offer.
- To expand your healthy recipe selection (online program includes a recipe database with 500+ great recipes).

How to Sign Up:

1. By September 23, call Abbie O'Toole at 1-866-922-2744, ext. 235 **OR** e-mail her at aotoole@cccsig.org with your desired date and time for a 30-min. introductory meeting for all those interested at your site (minimum of 10 participants).
2. We will confirm this date and provide the site contact with implementation and promotion information to review prior to the introductory meeting at your site.

For more information on the Walktober program visit <http://www.walktober.com>