

Get Moving CNY



30-60 minutes 30 days!

Begin this FREE program any time from June 1st - September 1st, 2009. Use this calendar to record your daily physical activity. Indicate how long you exercised and what you did! See other side for more details. *It's Free, Easy, and Fun!*

30 Minutes Every Day for 30 Days						
1 Activity: (eg: walked Duration: 30 minutes)	2	3	4	5	6	7
8 Activity: Duration:	9	10	11	12	13	14
15 Activity: Duration:	16	17	18	19	20	21
22 Activity: Duration:	23	24	25	26	27	28
29 Activity: Duration:	30 	Rain Check Day 1	Rain Check Day 2	Submit form AFTER your calendar is complete. (Pre-Registration NOT Required)		



Get Moving CNY



1. Pick your start date anytime from June 1 – September 1st, 2009 and do 30-60 minutes of any physical activity you like for 30 days!
2. Record your physical activity on the calendar on the back of this flyer. If your body needs a rest you can take a day or two off.
3. After you have completed your 30 days of activity, send in this form to Onondaga Lake Park (by October 9, 2009).

Great Prizes!

- Wegmans \$3 produce coupon
- One Month Gold's Gym Membership for those 13 and older (Liverpool and Dewitt locations)
- Zoo tickets and Cross Country Ski Rentals at Highland Forrest for those 5-12 years old

Drop off, mail, or fax this sheet to :
Onondaga Lake Park
106 Lake Drive
Liverpool, NY 13088

Name: _____

Address: _____

May we contact you by e-mail? Yes No

Email: _____

(We do not share, sell or trade e-mail addresses.)

Your age: _____ Phone number: _____

Did you exercise daily before this program? Yes No

Do you plan on continuing to exercise now? Yes No

Prizes will be awarded to participants 5 years of age and up.
Contact us! Phone: 453-6712. Email: OLP@ongov.net

Grand Prize Drawings For All Those Who Turn In Their Completed Get Moving CNY! Calendar!

- One Year Gold's Gym Membership (for those 13 and older)
- Adult Bicycle and Helmet
- Children's Bicycle and Helmet
- Syracuse City Parks Summer Camp Week Package
- \$50 Wegmans Gift Certificates
- \$30 Sporting Goods Gift Certificates
- Syracuse City Parks Ice Rink Season Pass
- Onondaga County Parks Pass
- Syracuse City Parks Golf Season Pass

...And More!

(Drawing will take place on October 15)

Check out www.eatwelllivewell.org for more healthy tips!

Consult your health care provider before beginning any physical activity program. The national guidelines for physical activity are 150 minutes per week for adults and 60 minutes most days for children.