

2009 Healthy Heart Walking

Location: Indian Lake Park & Oak Hollow Park

Fee: N.H.T. Residents: FREE

Non-Residents: \$5.00

(checks only made payable to NHT General Fund)

Each individual registering in the Healthy Heart Walking Club will receive a Carabinier keychain.

All applicable fees must be received prior to walking 50 miles in order to be eligible for any of the incentives listed below.

Registration: Participants can register by filling out the NEW registration form at the Healthy Heart Information Centers located at both Indian Lake and Oak Hollow Parks. Drop the completed registration form with applicable fee in the mail slot provided.

Note: The Oak Hollow Healthy Heart Information Center is located on the side of the large information center in the lower parking lot at Oak Hollow Park.

Time: Posted Park Hours

Length of Program: January 1, 2009 - December 31, 2009

How Does the Program Work: Every time you walk at least 1 full lap (1/2) mile around Indian Lake or 1 full lap (.8) mile around the loop (starting from the orange gate near the upper parking lot) at Oak Hollow Park, fill out the provided lap sheets located near each Healthy Heart Information Center. Your lap sheet is deposited in the provided mail slot at either park after each month's laps are recorded. Totals are posted on the Healthy Heart Club section of the Township website: ww.nhtpa.us

2010 Incentives: While the real incentive for joining the Healthy Heart Walking Club is to create a healthier lifestyle for every member, the NHT Parks & Recreation Department has created the following incentives for certain walking goals achieved by participants throughout the year. They are listed below:

100 miles walked
T-shirt



350 miles walked
Sweatshirt

There will be 10 \$25 gift certificates awarded to qualifying participants. The top walkers in each age category (4 age groups) and the remaining six (6) walkers with the highest miles. Only 1 gift certificate per walker.