



NHT Parks & Rec Healthy Heart Walking Club

Location: INDIAN LAKE PARK & OAK HOLLOW PARK

Fee: N.H.T. Residents: FREE (with proof of residency)
Non-Residents: \$5.00 program fee

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 a registration form at the Healthy Heart Information Centers located at both Indian Lake and Oak Hollow Parks. Drop the completed registration forms with applicable fee in the mail slot as provided.

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

Time: Posted Park Hours

Length of Program: January 1, 2010 – December 31, 2010

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, please fill out the provided lap sheets located near each Healthy Heart Information Center. Your lap sheet is deposited in the mail slot provided at each park after each month's laps are then recorded. Totals are posted on the Healthy Heart Club section of the Township website: www.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:

Incentives (received beginning of 2011)

150 miles walked
T-Shirt

400 miles walked
Sweatshirt

We will also award \$25 gift certificates to qualifying participants. The top two walkers in each of the four age categories and the program participants with the next two highest miles will receive certificates (Limit one per person).

