

## Post-Eat Well. Live Well Challenge Options 2009

**Find the Challenge that fits you and your family. We did the research, now all you have to do is choose.**

***A Better Me: Are You Ready?***



**Blue & You Fitness Challenge (March 1 – May 31)**

### **Contest Information**

The goal of the Blue and You Fitness Challenge is to encourage physical activity. It is a contest during which employees, students\* or members of organizations participate in eligible exercises (cardiovascular focused) for a three-month period (March 1 – May 31). ...

For more information check out:

<http://blueandyoufitnesschallenge-ark.com/index.aspx>



**THE PRESIDENT'S CHALLENGE**

What began as a national youth fitness test has grown up. In a big way. Today, the President's Challenge takes staying active beyond the school gym, and into everyday life.

We've expanded the President's Challenge into a whole series of programs designed to help improve anyone's activity level. Young or old. It's about choosing to live healthier - and finding things you really like to do.

No matter how active you are right now, you'll find a program that's right for you...

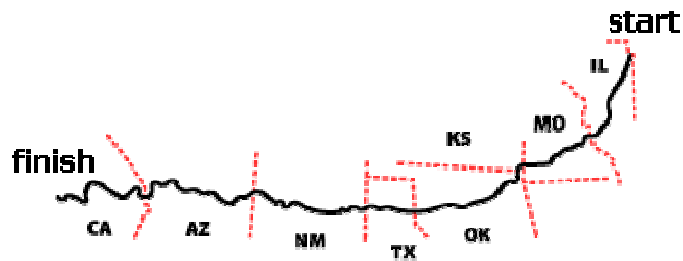
For more information check out:

[http://presidentschallenge.org/the\\_challenge/index.aspx](http://presidentschallenge.org/the_challenge/index.aspx)



Welcome to AARP's Get Fit on Route 66. When you register for this free adventure, you embark on a nostalgic virtual journey down the legendary highway — The Main Street of America — made famous in books, movies, and on TV.

To help inspire you to be more active, you'll travel from Chicago to Santa Monica (2,448 miles) by recording exercise minutes. One minute of activity equals one mile on the route.



Time spent walking, biking, swimming, and playing tennis counts as exercise minutes, as do all activities that increase your heart rate and

For more information check out: <http://aarp.getfitonroute66.com/Default.aspx>



**America On the Move** challenges you, your family and your community to take small steps and make small changes to a healthier way of life. Get involved!

For more information check out: <http://aom2.americaonthemove.org/home.aspx>



Plot your walk over mountains (view elevation), through the woods (topo maps), and on any trail with just a few mouse clicks. Once your walking map is complete you can quickly view it in 3D, satellite maps, or share it with friends.

For more information check out: <http://www.mapmywalk.com/>



Geocaching is a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. The basic idea is to locate hidden containers, called geocaches, outdoors and then share your experiences online. Geocaching is enjoyed by people from all age groups, with a strong sense of community and support for the environment.

For more information check out: <http://www.geocaching.com/>