

# WAT Dates to Remember

I wish to participate voluntarily in the Walk Across Tennessee physical activity for the purpose of personal fitness. I understand that I should have medical approval from my health care professional if I have:

- chronic health problems like heart diseases or diabetes
- pain in the heart/or chest area a bone or joint condition like arthritis, that could be worsened by the physical activity
- been told by a doctor I have high blood pressure
- Any physical conditions or problems that might require special attention during physical activity
- If I am a man over 45 or a woman over 50 and not accustomed to vigorous exercise

I agree to accept full responsibility for any injuries I may sustain while participating in this program.

I also understand that Walk Across Tennessee mileage only includes designated exercise time. I will only calculate my mileage during my active exercise time. I also agree to follow the rules included in the Team Captain packet and realize I can be disqualified from the contest if they are not followed.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Monday, April 3 ~ WAT Kick Off  
6:00 PM at Green Brook Park  
(Smithville)**

**Monday, April 3 ~ Start exercising  
Sunday, May 28 ~ Last Day exercise  
Wednesday, May 31 ~ Team captains  
turn in final mileage to April Martin fax  
(615-597-1421) or email  
amartin3@utk.edu)  
Thursday, June 8 ~ Awards  
6:00 pm. Green Brook Park**

722 S. Congress Blvd.

Phone: 615-597-4945

Fax: 615-597-1421

# Walk Across Tennessee

WIN PRIZES!



**April 3—May 28**  
<http://dekalb.tennessee.edu>



# WALK *Across* Tennessee



Walk Across Tennessee can give you and your friends, co-workers, family etc. the jump start you need to healthier living. Competition also gets motivation going too.

For eight weeks, teams of up to eight will work together to walk the 500 miles it would take to walk all the way across Tennessee. Other types of exercise are encouraged also. An exercise conversion chart is included in the registration packet. Whatever exercise you choose, it must intentional exercise (not just wearing a pedometer all day) and get your heart rate up for at least 15—20 minutes. The team to log the most miles will win a rotating trophy and other prizes! There will also be team prizes for weekly challenges.

**Please turn in this registration form on or before this day to your team captain. Team totals will be placed on a map at shelter #1 each week at Greenbrook Park. We will also notify through email and the Walk Across Tennessee DeKalb Facebook page.**

## *your benefit*

- **Stronger Legs & Toner Arms**
  - **Lower Blood Pressure**
- **Calmer attitude and happier days**
  - **More energy**
- **Enjoying quality time by yourself or with a walking buddy**
  - **Raise metabolism.**
  - **Exercise lessens munchies eating**
- **Gaining Muscle & Most Importantly**

## **Shaping Up**



## Pre-Walk Info.

### Individual Registration Form

Name: \_\_\_\_\_

Team: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_

Kick-off will be held at the **Green Brook Park in Smithville on Monday, April 3at 6:00 PM .**

Kick-off will be held at Green Brook Park on **Monday, April 3, 6:00 PM** . A captain should be chosen for each team. Team captains, please turn in this registration form for each team member before or at the Kick off. Attendance is not required, but encouraged. Please give your form to your team captain who will turn this in.

Don't forget to join the Walk Across Tennessee DeKalb County Face-

book Page.

