

> register here



STEP IT UP

ADULT PROGRAM

Program Description: A chance to get in shape while earning incentive awards. For every 100 miles a patron walks, he/she can receive either 3 day passes to the Logan Aquatic Center or 5 day passes to the Logan Community Recreation Center. This program promotes healthy, active lifestyles and well-being for members of the community through walking, jogging, and running. Patrons must be 7 or older to participate. Participants can earn rewards for up to 300 miles per year.

Anticipated Outcome: Participants will develop positive lifestyle habits; increase level of self-satisfaction through activity; find trails to be safe and satisfactory; and be willing to have further involvement throughout the year.

Register: Ongoing

Fee: \$5 (includes pedometer and tracking log)

Location: Logan Community Recreation Center, 195 South 100 West

Health Benefit:



**We Create Quality
Life-Long Experiences For All**



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