

LIVE HEALTHY LORAIN COUNTY!

December 2011

Physical Activity Calendar



www.livehealthyloraincounty.com

People of all ages can improve their health and well-being by becoming active.

Health experts recommend walking at least 10,000 steps a day (5 miles) for heart health.

More steps may be needed for weight loss.



Register

Register as an individual or as part of a team.
Go to: www.livehealthyloraincounty.com or call 400-322-6367 for registration materials.

Record Steps

Use pedometer to count steps and record online or mail in monthly calendar. Pedometers available.

Reap Benefits

Increase fitness and control weight. Reduce the risk of heart disease, cancer, diabetes and high blood pressure!

Level of Activity in Steps Per Day

900 - 3,000 STEPS	INACTIVE
5,000 - 7,000 STEPS	MODERATE
10,000 STEPS	ACTIVE

Conducted through Lorain County Health District.
Elyria: 440-322-6367, Lorain: 440-244-3418
Col. Station: 440-236-6367

www.LorainCountyHealth.com

9880 South Murray Ridge Road., Elyria, Ohio 44035

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Record your physical activity on this calendar each day. Don't forget to enter your activity on Lorain County Walks!				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

