

LIVE HEALTHY LORAIN COUNTY!

March 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
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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31	<div data-bbox="1214 1696 1528 1967" data-label="Text"> <p>Record your physical activity on this calendar each day. Don't forget to enter your activity on Lorain County Walks!</p> </div>	
<div data-bbox="451 1644 573 1728" data-label="Image"> </div>						

LIVE HEALTHY LORAIN COUNTY!

April 2011

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24	25	26	27	28	29	30



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May 2011

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June 2011

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26	27	28	29	30		

walks.livehealthyloraincounty.com

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July 2011

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LIVE HEALTHY LORAIN COUNTY!

August 2011

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28	29	30	31			

See you at
the Lorain
County Fair

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LIVE HEALTHY LORAIN COUNTY!

September 2011

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October 2011

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November 2011

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27	28	29	30	Thanksgiving		

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December 2011

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January 2012

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February 2012

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