



FIRST RESPONDER WALKING CHALLENGE



WHICH TEAM WILL YOU SUPPORT?



#TEAMLE

TEAM LEADER CHESTER COUNTY COMMISSIONER KICHLINE

#TEAMFIRE

TEAM LEADER CHESTER COUNTY COMMISSIONER FARRELL

#TEAMEMS

TEAM LEADER CHESTER COUNTY COMMISSIONER COZZONE

Through WalkWorks ChesCo! Chester County is asking anyone and everyone who lives or works here to help us take **FIVE BILLION** steps by the end of 2018.

One way to do this is through walking challenges – and in this instance, a First Responder Walking Challenge!

The work of first responders can be physically challenging, and the need for them to remain healthy and physically fit is important. Show your support by joining one of the First Responder teams.

Choose which team you'd like to support and then get walking!



A donation to the Chester County HERO fund will be made in the name of the winning team.

chestercountyherofund.com

Signing up for this WalkWorks ChesCo! step challenge is free and easy:

- Go to chesco.org/walkworks
- Click on Register & Track Your Steps, then once you've registered
- Search for the team that you want to join: #TeamLE, #TeamFIRE, #TeamEMS
- Once you join a team, you will be included in the competition!

WalkWorks ChesCo! is free to join and you can set up your own teams and join others throughout the County who are helping us to take **FIVE BILLION** steps by the end of 2018.



COMPETITION RUNS - APRIL 7 - JUNE 5, 2018

APRIL 7 - 10 AM - KICKOFF EVENT & HEALTH FAIR - PUBLIC SAFETY TRAINING CAMPUS

JUNE 9 - 1 PM - WINNERS ANNOUNCED - PUBLIC SAFETY TRAINING CAMPUS



MORE INFO AND TO REGISTER - [CHESCO.ORG/WALKWORKS](http://chesco.org/walkworks)





WalkWorks ChesCo!



5 BILLION STEPS & THOUSAND WALKERS IN 2018!

Register to make your steps count:
chesco.org/walkworks

Every step counts. Every person counts.

Get Walking

Track your steps

Sync a device that tracks your steps or manually enter your steps each day. Track your personal progress and contribute to the county goal!

Connect with others

Create or join teams to encourage each other to reach your goals. Get your friends, family, and coworkers walking with you!

Join a challenge

Stay motivated to reach your goals by participating in friendly competitions. Walking improves health so everyone wins!

Benefits of Walking

Burn Calories

Improve Mental Health

Reduce Chronic Disease Risks

Active Transportation

#5&5in2018



Learn More:
chesco.org/walkworks

Contact Us:
walkworks@chesco.org

