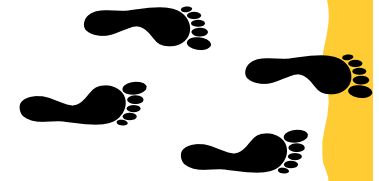


Lorain County Walks...

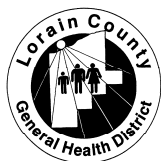


January 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____					1	2	3
Weekly Step Goal: _____	4	5	6	7	8	9	10
Weekly Step Goal: _____	11	12	13	14	15	16	17
Weekly Step Goal: _____	18	19	20	21	22	23	24
Weekly Step Goal: _____	25	26	27	28	29	30	31

Log your steps and send this calendar to us by the 15th of the following month to be eligible for this month's prize drawing.

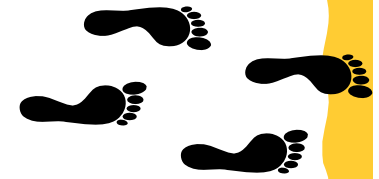
Lorain County General Health District
 9880 S. Murray Ridge Rd. Elyria, Oh 44035
 Phone: 440-322-6367, 244-2209, or 236-8722
 Fax: 440-322-0911
 Email: walking@loraincountyhealth.com
 Web site: www.walks.livehealthyloraincounty.com



"For The Health of Us All"

Weekly Step Goal/Daily Goal: Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

Lorain County Walks...



February 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____	1	2	3	4	5	6	7
Weekly Step Goal: _____	8	9	10	11	12	13	14
Weekly Step Goal: _____	15	16	17	18	19	20	21
Weekly Step Goal: _____	22	23	24	25	26	27	28
Weekly Step Goal: _____							

Log your steps and send this calendar to us by the 15th of the following month to be eligible for this month's prize drawing.

Lorain County General Health District
 9880 S. Murray Ridge Rd. Elyria, Oh 44035
 Phone: 440-322-6367, 244-2209, or 236-8722
 Fax: 440-322-0911
 Email: walking@loraincountyhealth.com
 Web site: www.walks.livehealthyloraincounty.com



"For The Health of Us All"

Weekly Step Goal/Daily Goal: Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

Lorain County Walks...



March 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____	1	2	3	4	5	6	7
Weekly Step Goal: _____	8	9	10	11	12	13	14
Weekly Step Goal: _____	15	16	17	18	19	20	21
Weekly Step Goal: _____	22	23	24	25	26	27	28
Weekly Step Goal: _____	29	30	31				

Log your steps and send this calendar to us by the 15th of the following month to be eligible for this month's prize drawing.

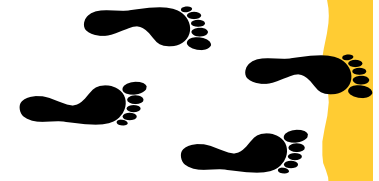
Lorain County General Health District
 9880 S. Murray Ridge Rd. Elyria, Oh 44035
 Phone: 440-322-6367, 244-2209, or 236-8722
 Fax: 440-322-0911
 Email: walking@loraincountyhealth.com
 Web site: www.walks.livehealthyloraincounty.com



"For The Health of Us All"

Weekly Step Goal/Daily Goal: Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

Lorain County Walks...

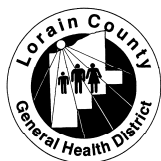


April 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____				1	2	3	4
Weekly Step Goal: _____	5	6	7	8	9	10	11
Weekly Step Goal: _____	12	13	14	15	16	17	18
Weekly Step Goal: _____	19	20	21	22	23	24	25
Weekly Step Goal: _____	26	27	28	29	30		

Log your steps and send this calendar to us by the 15th of the following month to be eligible for this month's prize drawing.

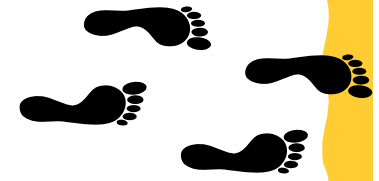
Lorain County General Health District
 9880 S. Murray Ridge Rd. Elyria, Oh 44035
 Phone: 440-322-6367, 244-2209, or 236-8722
 Fax: 440-322-0911
 Email: walking@loraincountyhealth.com
 Web site: www.walks.livehealthyloraincounty.com



"For The Health of Us All"

Weekly Step Goal/Daily Goal: Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

Lorain County Walks...



May 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____						1	2
	3	4	5	6	7	8	9
Weekly Step Goal: _____							
	10	11	12	13	14	15	16
Weekly Step Goal: _____							
	17	18	19	20	21	22	23
Weekly Step Goal: _____							
	24	25	26	27	28	29	30
Weekly Step Goal: _____							
	31						

Log your steps and send this calendar to us by the 15th of the following month to be eligible for this month's prize drawing.

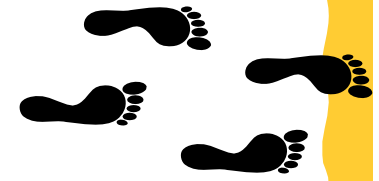
Lorain County General Health District
 9880 S. Murray Ridge Rd. Elyria, Oh 44035
 Phone: 440-322-6367, 244-2209, or 236-8722
 Fax: 440-322-0911
 Email: walking@loraincountyhealth.com
 Web site: www.walks.livehealthyloraincounty.com



"For The Health of Us All"

Weekly Step Goal/Daily Goal: Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

Lorain County Walks...



June 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____		1	2	3	4	5	6
Weekly Step Goal: _____	7	8	9	10	11	12	13
Weekly Step Goal: _____	14	15	16	17	18	19	20
Weekly Step Goal: _____	21	22	23	24	25	26	27
Weekly Step Goal: _____	28	29	30				

Log your steps and send this calendar to us by the 15th of the following month to be eligible for this month's prize drawing.

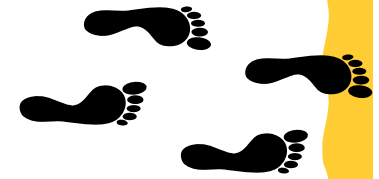
Lorain County General Health District
 9880 S. Murray Ridge Rd. Elyria, Oh 44035
 Phone: 440-322-6367, 244-2209, or 236-8722
 Fax: 440-322-0911
 Email: walking@loraincountyhealth.com
 Web site: www.walks.livehealthyloraincounty.com



"For The Health of Us All"

Weekly Step Goal/Daily Goal: Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

Lorain County Walks...

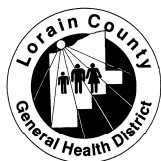


July 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____				1	2	3	4
Weekly Step Goal: _____	5	6	7	8	9	10	11
Weekly Step Goal: _____	12	13	14	15	16	17	18
Weekly Step Goal: _____	19	20	21	22	23	24	25
Weekly Step Goal: _____	26	27	28	29	30	31	

Log your steps and send this calendar to us by the 15th of the following month to be eligible for this month's prize drawing.

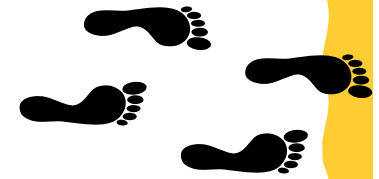
Lorain County General Health District
 9880 S. Murray Ridge Rd. Elyria, Oh 44035
 Phone: 440-322-6367, 244-2209, or 236-8722
 Fax: 440-322-0911
 Email: walking@loraincountyhealth.com
 Web site: www.walks.livehealthyloraincounty.com



"For The Health of Us All"

Weekly Step Goal/Daily Goal: Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

Lorain County Walks...

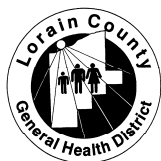


August 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____							1
	2	3	4	5	6	7	8
Weekly Step Goal: _____							
	9	10	11	12	13	14	15
Weekly Step Goal: _____							
	16	17	18	19	20	21	22
Weekly Step Goal: _____							
	23	24	25	26	27	28	29
Weekly Step Goal: _____							
	30	31					

Log your steps and send this calendar to us by the 15th of the following month to be eligible for this month's prize drawing.

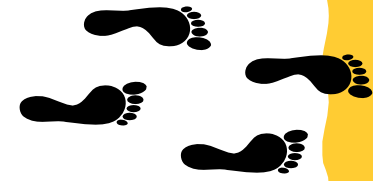
Lorain County General Health District
 9880 S. Murray Ridge Rd. Elyria, Oh 44035
 Phone: 440-322-6367, 244-2209, or 236-8722
 Fax: 440-322-0911
 Email: walking@loraincountyhealth.com
 Web site: www.walks.livehealthyloraincounty.com



"For The Health of Us All"

Weekly Step Goal/Daily Goal: Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

Lorain County Walks...

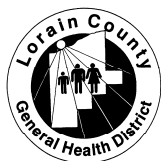


September 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____			1	2	3	4	5
Weekly Step Goal: _____	6	7	8	9	10	11	12
Weekly Step Goal: _____	13	14	15	16	17	18	19
Weekly Step Goal: _____	20	21	22	23	24	25	26
Weekly Step Goal: _____	27	28	29	30			

Log your steps and send this calendar to us by the 15th of the following month to be eligible for this month's prize drawing.

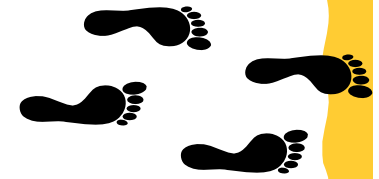
Lorain County General Health District
 9880 S. Murray Ridge Rd. Elyria, Oh 44035
 Phone: 440-322-6367, 244-2209, or 236-8722
 Fax: 440-322-0911
 Email: walking@loraincountyhealth.com
 Web site: www.walks.livehealthyloraincounty.com



"For The Health of Us All"

Weekly Step Goal/Daily Goal: Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

Lorain County Walks...



October 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____					1	2	3
Weekly Step Goal: _____	4	5	6	7	8	9	10
Weekly Step Goal: _____	11	12	13	14	15	16	17
Weekly Step Goal: _____	18	19	20	21	22	23	24
Weekly Step Goal: _____	25	26	27	28	29	30	31

Log your steps and send this calendar to us by the 15th of the following month to be eligible for this month's prize drawing.

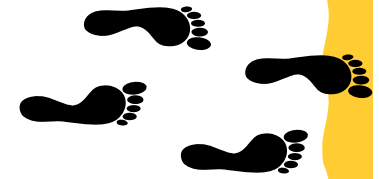
Lorain County General Health District
 9880 S. Murray Ridge Rd. Elyria, Oh 44035
 Phone: 440-322-6367, 244-2209, or 236-8722
 Fax: 440-322-0911
 Email: walking@loraincountyhealth.com
 Web site: www.walks.livehealthyloraincounty.com



"For The Health of Us All"

Weekly Step Goal/Daily Goal: Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

Lorain County Walks...



November 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____	1	2	3	4	5	6	7
Weekly Step Goal: _____	8	9	10	11	12	13	14
Weekly Step Goal: _____	15	16	17	18	19	20	21
Weekly Step Goal: _____	22	23	24	25	26	27	28
Weekly Step Goal: _____	29	30					

Log your steps and send this calendar to us by the 15th of the following month to be eligible for this month's prize drawing.

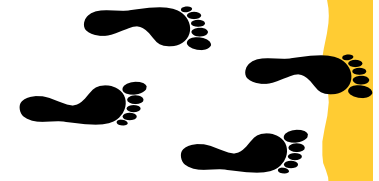
Lorain County General Health District
 9880 S. Murray Ridge Rd. Elyria, Oh 44035
 Phone: 440-322-6367, 244-2209, or 236-8722
 Fax: 440-322-0911
 Email: walking@loraincountyhealth.com
 Web site: www.walks.livehealthyloraincounty.com



"For The Health of Us All"

Weekly Step Goal/Daily Goal: Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.

Lorain County Walks...

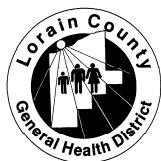


December 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Step Goal: _____			1	2	3	4	5
Weekly Step Goal: _____	6	7	8	9	10	11	12
Weekly Step Goal: _____	13	14	15	16	17	18	19
Weekly Step Goal: _____	20	21	22	23	24	25	26
Weekly Step Goal: _____	27	28	29	30	31		

Log your steps and send this calendar to us by the 15th of the following month to be eligible for this month's prize drawing.

Lorain County General Health District
 9880 S. Murray Ridge Rd. Elyria, Oh 44035
 Phone: 440-322-6367, 244-2209, or 236-8722
 Fax: 440-322-0911
 Email: walking@loraincountyhealth.com
 Web site: www.walks.livehealthyloraincounty.com



"For The Health of Us All"

Weekly Step Goal/Daily Goal: Successful walkers set goals and record steps to track progress. Walk for the first week and do your normal routine to get a baseline number of steps per day. Then set an attainable and realistic goal for the rest of the month. You can choose daily or weekly goals, whichever works best for you.