



Start Taking **Extra Paces** and help the Rye YMCA reach **88 MILLION** steps during America on the Move Week!

America on the Move is a nationwide, non-profit initiative that aims to improve health and quality of life by promoting active living and healthful eating. *America on the Move* engages Americans of all ages in fun, simple programs that encourage physical activity and healthy eating habits.

Here's how you can become involved:

1. Pick up a free pedometer on 9/20 and use the Step Tally Log below to record your daily steps during the week of September 20-27. You can even convert your favorite activities to steps using our conversion chart.
2. Return your completed Step Tally Log to the Rye Y by October 1 so that we can include your steps towards our total. Participants logging at least 70,000 steps for the week will be entered in a raffle.

America on the Move Week Step Tally

DAY	STEPS
Sunday, September 20	
Monday, September 21	
Tuesday, September 22	
Wednesday, September 23	

DAY	STEPS
Thursday, September 24	
Friday, September 25	
Saturday, September 26	
Sunday, September 27	
TOTAL STEPS	

Return completed Step Tally Log to Rye YMCA Member Services Desk or fax to 914-967-6398 anytime BEFORE noon on Thursday, October 1.

All participants logging at least 70,000 steps for the week will be entered in the raffle. Raffle will take place Thursday afternoon, October 1. Winners need not be present.

Name: _____

Email: _____ Phone: _____