



Sponsored by:



The 90-Mile Challenge

Walk, Run, Bike, Kayak, or MOVE, however you like...
ONE-MILE-A-DAY, EVERY DAY for 90-DAYS
And **YOU WIN**...the priceless gift of health and strength

In association with:

Starts: June 20th, 2012

Ends: September 21st, 2012



heal_{nh}
HEALTHY EATING ACTIVE LIVING

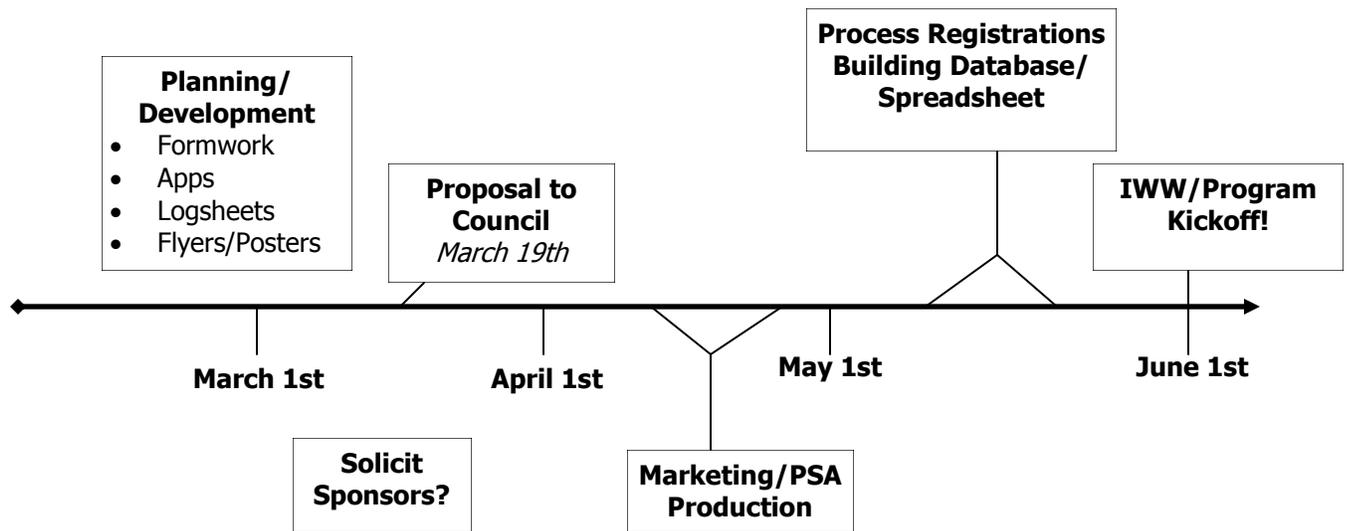
**EVERY DAY THAT YOUR HEART
BEATS IS A DAY THAT YOU
SHOULD BE ACTIVE!**

To learn more, visit:
<http://www.nh.gov/gcpah/>



90-Mile Challenge

Project Timeline



Logistic Questions

- Is this program redundant?
Walk NH has lot's of great walking/distance programs.
- Is the timeline realistic?
- Should we seek sponsors?
- Can we successfully market?
 - ◇ Get into schools?
 - ◇ Senior Centers
 - ◇ Parks/Recs
 - ◇ Worksites
 - ◇ Media Coverage (PSAs, etc)

