



# Shelby County Health & Wellness Walk

## MARK YOUR CALENDARS!

**What:** The Shelby County Health & Wellness Walk

**When:** 09/03/2016, 8:30 a.m. - 10:00 a.m.

**Where:** Clear Creek Park,  
717 Burks Branch Rd  
Shelbyville, KY 40065



The event will start with registration from 8:30am - 9:00am. and will be an opportunity for local residents to explore the walking trails at the park. The event is free and open to the public. The walk will start at 9:00am and will last for an hour. After the walk, participants will get a FREE pass to enjoy the Family Activity Center for a day.



## DO YOU GET ENOUGH EXERCISE?

Only 20% of Americans get the recommended amount of aerobic and muscle strengthening exercise (CDC, 2014). According to the Centers for Disease Control and Prevention, adults should get at least 150 minutes of aerobic exercise per week, and perform muscle strengthening activities at least twice a week.



The Shelby County Health and Wellness Walk will be a competition with Oldham, Trimble, Henry, and Bullitt Counties to get the most steps! Free pedometers will be provided, and the county with the most steps will win a trophy and bragging rights for the full year.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

For more information about the walk,  
contact Sheila Fawbush at 502-633-4593

