



# Are you up for the **NEXT STEP?**

The Live Healthy Children's Step 2 It Walking Challenge is how teams and individuals get out from behind their desks and off the couch to participate in effective, low-impact physical activity.

**SEPTEMBER 12 - OCTOBER 31, 2011**

**REGISTER BY SEPTEMBER 5TH TO RECEIVE YOUR  
PEDOMETER BEFORE THE CHALLENGE BEGINS.**

**WWW.LIVEHEALTHYNORTHTEXAS.ORG**  
**GROUP ID: LHCHILDRENS**

Team up and join the Live Healthy  
Children's Walking Challenge!  
**Change your choices. Change your life!**

