

I wish to participate voluntarily in the Walk Across Tennessee physical activity for the purpose of personal fitness. I understand that I should have medical approval from my health care professional if I have:

- chronic health problems like heart diseases or diabetes
- pain in the heart/or chest area a bone or joint condition like arthritis, that could be worsened by the physical activity
- been told by a doctor I have high blood pressure
- Any physical conditions or problems that might require special attention during physical activity
- If I am a man over 45 or a woman over 50 and not accustomed to vigorous exercise

I agree to accept full responsibility for any injuries I may sustain while participating in this program.

I also understand that Walk Across Tennessee mileage only includes designated exercise time. I will only calculate my mileage during my active exercise time. I also agree to follow the rules included in the Team Captain packet and realize I can be disqualified from the contest if they are not followed.

Signature

Date

WAT Dates to Remember

Monday, April 10 ~ ~ WAT Kick Off

(6:00 PM) at Green Brook Park

(attendance not required, but encouraged)

Monday, April 10 ~ ~ Start exercising

Sunday, June 4 ~ ~ Last Day exercise

Monday, June 3 ~ ~ Team captains turn in final mileage to April Martin (Call (615-597-4945),

fax (615-597-1421), or email to

amartin3@utk.edu)

Monday, June 12 ~ ~ Awards Evening, 6:00 pm

Green Brook Park

UT Extension

722 S. Congress Blvd.
Smithville, TN 37166

Phone: 615-597-4945

Fax: 615-597-1421

E-mail: amartin3@utk.edu or

Walk Across Tennessee

WIN CASH!

WIN PRIZES!



April 10—June 4

<http://dekalb.tennessee.edu>



WALK *Across* Tennessee



Walk Across Tennessee can give you and your friends, co-workers, family etc. the jump start you need to healthier living. Competition also gets motivation going too.

For eight weeks, teams of up to eight will work together to walk the 500 miles it would take to walk all the way across Tennessee. Other types of exercise are encouraged also. An exercise conversion chart is included in the registration packet. Whatever exercise you choose, it must get your heart rate up for at least 15—20 minutes.



The team to log the most miles will win a rotating trophy and other prizes! There will also be team prizes for weekly challenges.

Kick-off will be held at the **Green Brook Part in Smithville** on **Monday, April 10 at 6:00 PM.**

Please turn in this registration form on or before this day to your team captain. Team totals will be placed on a map at shelter #1 each week at Greenbrook Park. We will also notify through email and the Walk Across Tennessee DeKalb Facebook page.

your benefit

- **Stronger Legs & Toner Arms**
 - **Lower Blood Pressure**
- **Calmer attitude and happier days**
 - **More energy**
- **Enjoying quality time by yourself or with a walking buddy**
 - **Raise metabolism.**
- **Exercise lessens munchies eating**
- **Gaining Muscle & Most Importantly**

Shaping Up

Pre-Walk Info.

Individual Registration Form

Name: _____

Team: _____

Address: _____

Phone Number _____

Email address _____
(strongly recommended so you will get weekly updates on team progress)

Age _____ Gender _____

Kick-off will be held at Green Brook Park on **Monday, April 10, 6:00 PM.** A captain should be chosen for each team. Team captains, please turn in this registration form for each team member before or at the Kick off. Attendance is not required, but encouraged. Forms can be mailed to UT Extension, 722 S. Congress Blvd., Smithville, TN 37166, faxed to 615-597-1421 or email to amartin3@utk.edu Extension. Don't forget to join the Walk Across Tennessee DeKalb County Facebook Page.