

Let's Get Moving!



A low-impact walking program for the entire community. Participate in 10 bi-weekly walks ● or 20 weekly walks ●+● to earn incentives! Some events will also feature free health screenings, farmers' markets, and other resources.

Track Your Progress

Register as a individual or a team then record your weekly progress on the other side! Scan the QR code with your smartphone to register or visit

toledo.oh.gov/get-moving



	Location	Distance Walked
Mental Health Awareness Month	4/29 Ottawa Park	●
	5/4 Woodsdale Park	●
	5/11 Bowman Park	●
	5/18 Swan Creek	●
	5/25 Walbridge Park	●
Pride, Juneteenth, and Men's Health Month	6/1 Botanical Gardens	●
	6/8 Foxglove Meadow	●
	6/15 Pine Glenn Park	●
	6/22 Ottawa Park	●
	6/29 Walbridge Park	●
Minority Health Awareness Month	7/6 Inez Nash Park	●
	7/13 Willys Park	●
	7/20 Manhattan Marsh	●
	7/27 Howard Pinkley Landing	●
Black Philanthropy Month	8/3 Navarre Park	●
	8/10 Jamie Farr Park	●
	8/17 University Trail	●
	8/24 Wildwood Metropark	●
	8/31 Middlegrounds	●
	9/7 Glass City Metropark	●