250 Mile Club Mileage Log*

Date	Location	Miles	Total

MAIL COMPLETED MILEAGE LOG AND SURVEY QUESTIONS TO:
Step Up, Pinellas! Healthy Lifestyles
Pinellas County Health Department
205 MLK Street North
St. Petersburg, FL 33701

* Log additional miles on separate paper as needed.

Step Up, Pinellas. Healthy Lifestyles
Pinellas County Health Department
205 MLK Street North
St. Petersburg, FL 33701

Phone: 727-820-4114
Fax: 727-820-4163

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250 Mile Club

Walking Program

Step Up!

Pinellas County

Why Walk?
For a healthier you!

Live Longer!

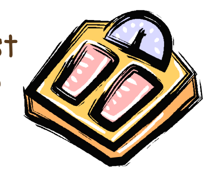
For every additional mile we walk we add 20 minutes to our lives.

It's Free!

You don't need any special equipment, just a pair of comfortable walking shoes.

Do it Anywhere, Anytime!

Your local park or neighborhood, trail, shopping mall or fitness center.

Burn Calories!


Walking burns almost as many calories per mile as running.

Get Healthy!

Reduce blood pressure and strengthen your heart and lungs.

Feel Better!

Relieve stress, strengthen your muscles and sleep better.

Anyone Can Do It!

No special classes necessary.

You already know how!

Here's How...It's Easy!

Grab a partner or get away by yourself and join your fellow Floridians in promoting physical activity and healthy lifestyles!

Keep a log of the miles you walk. A few miles a day, five days a week and before you know it – you've logged 250 miles! As with any new exercise, please consult your doctor before starting.

Once you log a total of 250 miles, you become a member of the 250 Mile Club! Just submit your log and we'll send you the exclusive, members only T-shirt and your special gift!

What are you waiting for?
START TODAY!

Survey

To help us get to know you better, please answer these few questions:
(Please circle only one answer per question)

Answer BEFORE you start the 250 miles:

1. During your leisure time, how many hours per week have you been physically active?
A) 0 hours B) 1-3 hours C) 4-6 hours D) 7+

Answer AFTER you completed the 250 miles:

1. Now how many hours each week are you physically active during your leisure time?
A) 0 hours B) 1-3 hours C) 4-6 hours D) 7+

2. What are your future exercise plans?
- ❑ Increase my level of physical activity
- ❑ Continue at my current level
- ❑ Return to my pre-walking program level

Registration Form & Mileage Log

Name:

Street Address:

City, State Zip:

Phone: T-Shirt Size* ☐ M ☐ L ☐ XL

* Shirt size given based on availability.

Date	Location	Miles	Total