Lace up your walking shoes & walk with the Mayor!

The Mayor is challenging you to walk 100 miles in 100 days!

Mayor Barrett's Walk 100 Miles in 100 Days Challenge is a city-wide campaign to encourage people of all ages to add physical activity to their daily routines. Many Milwaukee residents do not get the exercise they need and Mayor Barrett wants to change that.

Walking is easy, accessible, and can improve overall individual health. Regular physical activity has been shown to help control weight, lower risk of heart disease, stroke, type 2 diabetes, depression and help people live longer. In addition, walking is a great way to see Milwaukee, encourage neighborhood participation, build community, and have fun.

In past years, participants have logged thousands of miles and joined dozens of walks throughout Milwaukee. This summer, Mayor Barrett is challenging residents to lace up their walking shoes and help make Milwaukee healthier, one step at a time.

You can:

- **Walk on your own**
- **Walk in a group, or**
- **Join one of the many free walks with community leaders listed on the Walk 100 website.**

Join the *MOVE*ment today!

1. Sign up at www.milwaukee.gov/walk100
2. Start logging your miles
3. Track your miles online and be eligible to win fantastic prizes!

100 MILES in 100 DAYS 2016
with Mayor Barrett
A Healthier Milwaukee • One Step at a Time