



Walk Around Quin

Name: _____

Address: _____

Age: _____ Preschool to age 10 _____ 11 to 16 _____ 17- 20 _____ 21-49
 _____ 50-65 _____ 66 & over _____ Pair with a 35 year age difference.

Instructions

1. Start exercising !
2. Each square on the map equals 15 minutes of continuous exercise. There are 120 pairs of footprints totaling 30 hours. The 35 year age difference category can use 2 footprints, one for each person.
3. Keep track of the amount of time you exercise by filling in 1 set of footprints for every 15 minutes that you exercise. Map on back.
4. You may choose from the following types of exercise: (examples)

a. Walking	f. Swimming
b. Running	g. Weight Room
c. Bicycling	h. Tennis
d. Aerobics, Zumba	i. Golfing without a cart
e. Anything that gets you moving	

Please return to:

Inter County Nursing Service
 318 Knight Ave. N
 Thief River Falls, Mn

North Valley Public Health
 109 S, Minnesota Street
 Warren, Mn

Inter County Nursing Service
 Red Lake County Courthouse
 Basement

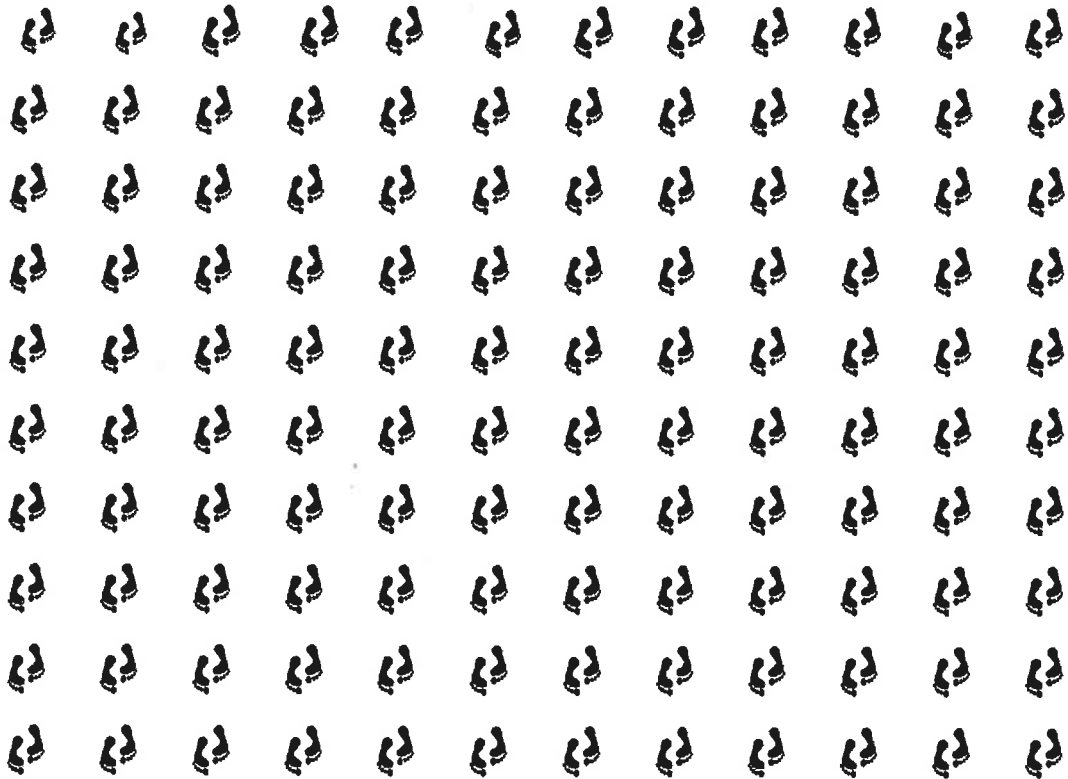
LifeCare Public Health
 715 Delmore Drive
 Roseau, Mn

Kittson Memorial Health Care
 1010 S. Birch
 Hallock, Mn

Quin CHS
 136 W. Minnesota Ave
 Newfolden, Mn



WALK AROUND QUIN



Each pair of feet represents 15 minutes of exercise. There are 120 footprints for a total of 30 hours.

Please initial each set of feet when activity is completed.

This project is made possible through the generous support of UCare.