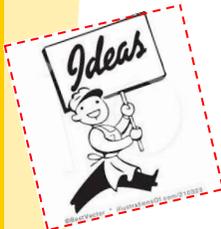


# Spring into Fitness

## KENNEBUNK



spring  
into  
fitness  
CHALLENGE!



**Spring into Fitness dates**  
**Start Date: March 21st**  
**End Date: May 29th**

- Weekly submission of steps taken including activities converted into steps.
- Tiered categories for prizes supporting local business!
- Random drawings for 1st, 2nd & 3rd prizes.
- Open to all residents and businesses!
- **NEW!** Participate with coworkers and submit your steps as a group to compete with other businesses.

**Got ideas on how we can enhance the overall program? Call 604-1341 & leave a message or email [healthymainestreeets@kennebunkmaine.us](mailto:healthymainestreeets@kennebunkmaine.us)**

**Fall into Fitness participants took a total of 17,748,659 steps!**

*Everyday activities can be converted into steps!*

**SKATING** at the Waterhouse Center for 1 HOUR converts to 5040 steps!

**DANCING** for 1 HOUR whether it be Salsa, Country or Swing dancing converts to 6540 steps!

**Wii/ PS3 GAME PLAYING** for 1 HOUR converts to 5460 steps!

**FIREWOOD CHOPPING/ CARRYING** for 1 HOUR converts to 3600 steps!

**PUTTING THAT GARDEN TO BED** for 1 HOUR converts to 4800 steps!

**RAKING** for 1 HOUR converts to 7260 steps!

**SHOPPING** for 1 HOUR converts to 4200 steps!

[Download](#) the excel conversion sheet on-line for other activities!

*Here are some of the prizes you will have a chance to win!*

Free magazine subscriptions!

Gift Cards to support local businesses!

Farmers Market Vouchers!

Fruit/ Veggie Basket Deliveries to your organization!

*And more...*

75,000 + steps = 1st Prize

41,000-74,999 steps = 2nd Prize

10,000—40,000 steps= 3rd Prize

*Prizes will be awarded to those taking the most steps in each category every week. Random drawings will be held when multiple participants come in under the same category.*