

**Cooperative Extension Service**

Harlan County  
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March 2017

To: Our “Walking” Friends

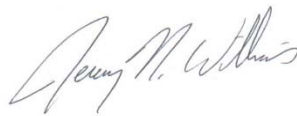
We would like for you to join us this Spring for the **2017 “Get Moving Kentucky – Walk Harlan County!”** walking/physical activity program sponsored by the Harlan County Extension Service, KY Home Place and the Harlan County Health Department.

Our program will **start on Monday, March 13, 2017 and end on Friday, May 5, 2017**. This gives you eight weeks to do physical activity/walking and keep count of it. **Be active at least 3 times per week** (but more is better!) and **return your activity log to our office on or before May 12<sup>th</sup>**. T-shirts will not be ordered until after May 12<sup>th</sup> and will be ordered only for those returning their logs. T-shirts can be picked up in the Extension Office on June 1<sup>st</sup> and 2<sup>nd</sup>.

Enclosed you will find more information, a registration form, and a log sheet. **Please complete the registration form and return to our office during the period of March 1<sup>st</sup> – March 10<sup>th</sup>**.

If you have questions, please feel free to call our office (573-4464).

Sincerely,



Jeremy N. Williams  
County Extension Agent  
for Agriculture & Natural Resources





COOPERATIVE EXTENSION

**UK** University of Kentucky  
College of Agriculture,  
Food and Environment



# Get Moving Kentucky -- Walk Harlan County!

**Registration: March 1—March 10, 2017**  
**Walking Program begins March 13<sup>th</sup> and ends May 5<sup>th</sup>**  
**Walking Logs Due: by May 12<sup>th</sup>**  
(T-Shirts will not be ordered until after this date)

T-shirts will be given to those who complete the program and return their logs.

## How do we get moving?

*Get Moving Kentucky — Walk Harlan County!* is an 8-week physical activity program. Everyone who participates is a winner, with new skills for fitness and health as their prize! Almost everyone can benefit from physical activity. Whether you exercise every day or have never done a regular physical activity, you can join this community physical activity program.

### How do I sign up?

Fill out a registration form and bring or mail it to the Harlan County Extension Office (519 South Main Street).

### What will I have to do?

Keep track of your activity and record it on a log. Be active at least 3 times a week (but more is better!). Activity is recorded in minutes or hours.

### What counts as a Physical Activity?

Constant activity such as gardening, yoga, aerobics, dancing, raking, sweeping, walking, etc.

Pat Duncan will be leading walking and chair exercises at the Depot on Tuesdays at 10:00 a.m. Call 573-4464 if you would like to participate.

### Sponsored By:

Harlan County Extension Service,  
KY Homeplace and  
Harlan County Health Department

T-shirts will be given out in the Extension Office June 1st and 2nd  
**Log sheets must be returned to receive a T-shirt.**

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.





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## Individual Registration Form

*All Get Moving Kentucky – Walk Harlan County!*

Participants must complete this form and return it to the  
Harlan County Extension Service (519 S. Main St., Harlan, KY).

1. Name: \_\_\_\_\_

2. Mailing Address \_\_\_\_\_  
\_\_\_\_\_

3. County: \_\_\_\_\_ 4. T-Shirt Size \_\_\_\_\_

5. Phone: \_\_\_\_\_

6. Group: \_\_\_\_\_

7. Age (optional) circle one:      \_\_\_ age if under 10          11-19          20-29          30-39          40-49

                                50-59    60-69          70-74          75-79          80-85          over 85

8. Gender (optional) circle one:          MALE          FEMALE

9. Ethnic Background (optional) circle one:

- |                     |                          |
|---------------------|--------------------------|
| a. African-American | d. Native American       |
| b. Asian            | e. White                 |
| c. Hispanic         | f. Other (specify) _____ |



10. Which of these fitness activities do you currently participant in? (Circle all that apply)

- a. I do not participate in a fitness activity
- b. Walk
- c. Run
- d. Swim
- e. Ride a bicycle
- f. Other (specify) \_\_\_\_\_

11. If you currently participant in a fitness activity, please indicate how many days each week you perform the activity(ies) circled above.

- a. Walk \_\_\_\_\_ days each week
- b. Run \_\_\_\_\_ days each week
- c. Swim \_\_\_\_\_ days each week
- d. Ride bicycle \_\_\_\_\_ days a week
- e. Other activity \_\_\_\_\_ days each week

12. Write the number of minutes each day you perform the activity(ies) circled above.

- a. Walk \_\_\_\_\_ minutes each day
- b. Run \_\_\_\_\_ minutes each day
- c. Swim \_\_\_\_\_ minutes each day
- d. Ride bicycle \_\_\_\_\_ minutes each day
- e. Other activity \_\_\_\_\_ minutes each day

13. Please check if you suffer from either of the following? (optional) Arthritis \_\_\_\_\_ Diabetes \_\_\_\_\_

I wish to participate voluntarily in the *Get Moving Kentucky – Walk Harlan County!* physical activity program for the purpose of personal fitness. I understand that I should have approval from my health care professional if I:

- Have any chronic health problems such as heart disease or diabetes.
- Have been told by a doctor that I have high blood pressure
- Have pains in my heart and/or chest area.
- Have any physical conditions or problems that might require special attention in an exercise program.
- Feel dizzy or have spells of severe dizziness.
- Have a bone or joint condition, such as arthritis, that might be made worse by an exercise program.
- Am a male over 45 or a female over 50 and not accustomed to vigorous exercise.

I agree to accept full responsibility for any injuries I might sustain while participating in this program.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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**If you are under 18 your parent or guardian must sign.**

I agree that my child can participate in the *Get Moving Kentucky! – Walk Harlan County* program.

\_\_\_\_\_  
(Parent signature)

\_\_\_\_\_  
(Date)

Please note whether time is minutes or hours

NAME: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
<b>Weekly Total</b> (add numbers in the column)								
<b>Total during eight weeks (add Weekly Totals above)</b>								

**You must be active at least 3 times a week and return your log to the Harlan County Extension Office to qualify for a T-Shirt.**



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RETURN SERVICE REQUESTED

PRESORTED  
STANDARD  
US POSTAGE PAID  
HARLAN, KY  
PERMIT #831