



## WALK AROUND CLAY & PLATTE COUNTIES REGISTRATION FORM

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

County: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please read and check the box in agreement:

I would like to participate in the "Walk Around Clay & Platte Counties."

When I turn in my log sheet each month, my name will be entered in a drawing.

Please check here to give your permission to list your name on our website.

Log sheets can be submitted in person, by mail, or by email to:

**Clay County Senior Services**

4444 N Belleview, suite 108

Gladstone, MO 64116

(816) 455-5800

[info@claycoseniors.org](mailto:info@claycoseniors.org)

**Platte County Senior Fund**

11724 NW Plaza Circle, suite 600

Kansas City, MO 64153

(816) 270-2800

[infopcsf@platteseniors.org](mailto:infopcsf@platteseniors.org)

**We encourage you to take photos of you and your friends walking.**

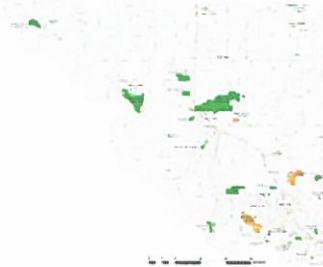
**Submit them to us to post on our websites!**

CLAY COUNTY   
Senior Services



## Walk Around Clay and Platte Counties

The Senior Falls Prevention Coalition of Clay and Platte Counties encourages older adults 60+ to *walk around their county!*



**Your challenge:** Walk! That's it. Walk, indoors or outdoors; keep track of your mileage or steps. Walk as much as you can starting in September 2011 and then keep on going for the next 6 months.

**The distance around Clay County is about 95 miles.**

**The distance around Platte County is about 100 miles.**

**Translate steps to miles with this general rule: about 2000 steps to a mile.**

**Where to register:** Visit 1 of the locations below to register for the program, pick up your FREE pedometer (thanks to Humana!) and log sheet, AND submit your monthly log sheet:

- Clay County Senior Services: 455-4800; online: [www.claycoseniors.org](http://www.claycoseniors.org)
- Platte County Senior Fund: 270-2800; online: [www.platteseniors.org](http://www.platteseniors.org)
- Clay County Public Health Center: 595-4200
- SHAPE Fitness Saint Luke's Northland Smithville: 532-7174
- Liberty Silver Center: 439-4395
- Shepherd's Center of the Northland: 452-4536
- University of Missouri Extension office: 407-3490
- Platte Co Community Centers: North: 858-0114; South: 505-2622
- Vivion Road Family YMCA: 453-6600

**Benefits:** FREE pedometer when you register! You will receive a certificate of accomplishment after every 5 miles and your name will be entered into a quarterly drawing for prizes. Your name will be listed on our Champion Walker webpage! All participants will be recognized for their achievements at our May as Older Americans Month celebration in May 2012.

Most importantly, becoming more active reduces your risk of falling, improves your mood, and increases your energy.