

## NEWS RELEASE

From: Cassandra Potter  
Voice: 262-245-2720  
Email: wbrec@aurora.edu  
Date: April 7, 2009  
Number of Pages: 1 total



---

**Get ready, Get set, Get stepping!  
Ten weeks to a Healthier You!**

The Williams Bay Recreation Department will host its first Stepping Strong Challenge, presented by the Lifelong Fitness Alliance and sponsored by Mercy Hospital. This is a 10 week program to encourage participants ages 40 years or better to step up their physical activity through cooperation, encouragement, goal-setting and incentives. All participants will receive a pedometer, t-shirt, water bottle and charts to track their goals and progress. Included in the program are nutritional adjustments, “happiness” assignments, accountability support and lots of recipes, tips and information to improve health and wellness.

So, put on those walking shoes and join our weekly walking and wellness meetings! The program will run on Tuesdays, from June 9 through August 11 at 8:30-10 a.m. (meeting from 8:30-9 and walk from 9-10). Meetings will take place at Lions Field House (located at 310 Elkhorn Rd. in Williams Bay), followed by walking in the Kishwauketoe Nature Conservancy. Meetings and walks will be lead by Fitness Ambassador, Cathy Nemerovski. All participants must be at least 40 years young and all levels of fitness are welcomed. The cost of registration is \$25 per person. Registration ends on Tuesday, May 26. Registration forms are available at the Williams Bay Recreation Department, located at 65 W Geneva St. (below Barrett Memorial Library) in Williams Bay.

A first place prize of a heart rate monitor will be awarded at the end of the 10 week challenge in the categories of Most Steps and Most Improved (according to their progress chart. For more information on the Stepping Strong Challenge, call the Williams Bay Recreation Department at 262-245-2720.