



"A Step in The Right Direction"

**250 Miles/500,000 steps in 50 days
September 12 - October 31
\$35.00/person benefitting the
Alzheimer's Association**

**Walk To End Alzheimer's
Saturday, November 2
Fontainebleau State Park**

Lift Training Studios'

Back to School Fall Challenge


50 day walking challenge to prepare for the
Walk To End Alzheimer's on Saturday,
November 2

(Lift's Team: A Step In The Right Direction)

Each participant will complete 250 miles or
500,000 steps in 50 days. For every 20,000
steps or 10 miles, you will receive 1 sticker.
(walking will be incorporated into each
workout)

Each participant will receive a pedometer to
track steps.

At completion, each finisher will receive a
T-shirt to wear for the walk



Join Lift's Team, "A Step In The
Right Direction" for the Walk To
End Alzheimer's

Saturday, November 2
Fontainebleau State Park
Registration at 8am
Ceremony at 9am
Walk at 9:30am

Go to www.act.alz.org to register
and to find more information
about the walk