

## Houston Mayor's Fitness/Walking Challenge Schedule

Session Number	Day/Date	Time	Meeting Location	Participating Organization	Health Issues to be addressed
1	Monday, April 18,2016	5:00-6:30pm	Rutherford Park	Texas County Memorial Hospital	Screening including: weight, body mass, & blood pressure
2	Thursday, April 21,2016	5:00-6:30pm	Rutherford Park		Meet and walk, record distance
3	Monday, April 25,2016	5:00-6:30pm	Texas County Health Department	Missouri University Extension	Healthy food & healthy habits
4	Thursday, April 28,2016	5:00-6:30pm	Texas County Health Department		Meet and walk, record distance
5	Monday, May 2,2016	5:00-6:30pm	High School Football Field Track	Texas County Health Department	Health Education
6	Thursday, May 5,2016	5:00-6:30pm	High School Football Field Track		Meet and walk, record distance
7	Monday, May 9,2016	5:00-6:30pm	Farmer's Market at Downtown Plaza	Farmer's Market	Healthy food choices available in the area
8	Thursday, May 12,2016	5:00-6:30pm	Farmer's Market at Downtown Plaza		Meet and walk, record distance
9	Monday, May 16,2016	5:00-6:30pm	Rutherford Park	TCMH Physical Therapy Clinic	Health Education
10	Thursday, May 19,2016	5:00-6:30pm	Rutherford Park		Meet and walk, record distance
11	Monday, May 23,2016	5:00-6:30pm	Texas County Health Department	Missouri University Extension	Healthy food & healthy habits
12	Thursday, May 26,2016	5:00-6:30pm	Texas County Health Department		Meet and walk, record distance
13	Monday, May 30,2016	5:00-6:30pm	High School Football Field Track	Texas County Health Department	Health Education
14	Thursday, June 2,2016	5:00-6:30pm	High School Football Field Track		Meet and walk, record distance
15	Tuesday, June 6,2016	5:00-6:30pm	Farmer's Market at Downtown Plaza	Farmer's Market	Healthy food choices available in the area
Final Session	Thursday June 9,2016	5:00-6:30pm	Farmer's Market at Downtown Plaza		Meet and walk, record distance
**	Saturday, June 11,2016	TBA	5K Color Run sponsored by Parks and Recreation, start at Lonestar Plaza Annex, \$25 Registration Fee		
**	Monday August 8,2016	5:00pm	Healthy Food for Healthy Bodies Gathering at Lonestar Plaza Annex Great Room. Certificates will be given out.		

**All ages are welcome to participate. To get the best results, please plan to attend as many sessions as possible and continue walking for an additional 8 weeks to get the full 16 week challenge in!**

(Funded by "Healthy Schools, Healthy Communities of Texas County")