WALK AROUND THE REZ

WALK AROUND THE REZ September 13 - October 17, 2010

Walk Around the Rez is a simulated virtual walk at your own pace challenge for the beginner to avid walker. The Walk Around the Rez route takes you through Salt River, Ft. McDowell, Mesa, Chandler, Gila River, Tohono O'odham Nation and back to Salt River via Laveen and South Mountain Park. Participants will not actually walk the route, but use their own method of walking - home treadmill, fitness center, track, parks, fields, etc. to monitor daily steps using a pedometer. Daily steps can be converted to miles allowing the participant to observe their location on the Walk Around the Rez route. In addition, Points of Interest locations have been added providing educational reference.

Walk Around the Rez will challenge participants to increase their fitness level by 10% a week. During the first week of the challenge (Sept 13-19), participants will establish a baseline measurement by taking a 3-day walking average. Beginning September 20th, participants are encouraged to use the Points of Interest as motivators in reaching new fitness feats by walking 10% further than their baseline average! Let your creative mind work by walking to such destinations like like the Verde river, Sacaton, St. Johns and view the Valley from the top of South Mountain Park.

SRPMIC WELLPATH
CENTERED ON HEALTHY LIVING

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www.SRPMICWellPath.com

POINTS OF INTEREST

- **SALT RIVER FIELDS AT TALKING STICK**
  The first Major League Baseball spring training facility to be built on Indian land in the nation.

- **ARIZONA CANAL**
  Over 500 miles of ancient canals were built by the Hohokam in the Salt River Valley.

  In 1883 the Arizona Canal Company constructed the present Arizona Canal. In 1905-1911 Roosevelt Dam was constructed.

- **SOUTH MOUNTAIN PARK**
  South Mountain Park is the largest city park in the United States, one of the largest urban parks in North America and in the world. The parks were originally known as the Salt River Mountains.

- **TALKING STICK RESORT & CASINO**
  First 15-story building on the SRPMIC with 360 degree views of Salt River, Scottsdale and Mountain Ranges.

- **TWO WATERS COMPLEX**
  The 150,00 square-foot complex consists of the Water Building A and the Earth Building B.

FITNESS STAR PROGRAM BEGINS SEPT. 6 - OCT. 31

Interested participants can register by contacting the SR Fitness Center. Walking indoors at the Fitness Center is not only a great opportunity to escape the heat, but also an excellent way to participate in the Fitness Star program and collect "star" points. Participants in Walk Around the Rez can earn miles in a cool environment. More Information on the Fitness Star Program, contact the SR Fitness Center: 480-362-7320.