

Fall is here. The perfect season for walking

It's time for Sylvania Township employees to find new places to walk, trot, amble, strut, jog or perambulate.

It's Walktober for those seeking fitness and Healthy U points in one of the various challenges put together by the township's wellness committee through the year.

The competition for October is focused not just on walking, but in walking on a variety of trails at any park.



Points are awarded for a 30-minute saunter twice a week or eight times a month. More points for three times a week or twelve times a month.

The super-challenge involves how many different parks and trails are used for the walks.

The person with the most variety will win a pair of shoes from Dave's Running Shop.

The friendly competition among township employees is ongoing each year and is meant to promote a healthy lifestyle.

The township believes the public is generally better served by folks who are healthy and upbeat and also that employees who are active result in reduced health-care costs.

Employees who accumulate a sufficient number of Healthy U points at the end of the year are awarded their choice of a day off or \$100.

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