

# NTIC Virtual Walking Club

Join our **FIRST EVER** virtual walking club!

Whether you're looking for accountability to stay active during these colder months, looking to start your exercise journey, or just enjoy walking—then this club is for you!

- Participants will be added to Google classroom where there will be documents to track time walked along with threads for weekly check-ins, support, and motivation.
- Our walking club will kick-off on 10/4/21 and will run until 4/1/22
- Participants will earn 10 points for every month that they log at least 20 days of walking

**To Join:** Please contact Courtney Sexton at [csexton@iu17.org](mailto:csexton@iu17.org)