

Turn in your miles Win great prizes

Keep track of your miles and turn them in regularly. Email your totals to recreation@cityofmentor.com and we'll add your totals to our log, or simply complete the attached mileage log and turn it in when you've reached 50, 75 or 100 miles!



Don't Let These Fitness Barriers Get In Your Way

“I don't have time”

Get up a little earlier to exercise and you'll feel more energized and have it out of the way. You can also squeeze in three 10-minute activities at different times of the day to achieve the same goals.

“Exercise is boring”

The trick is to find something that interests you and challenges you to learn new skills. Everyone can find at least one activity they enjoy - from walking to bike riding to gardening. Take a class, try something new and before you know it, you've found an activity that's fun! Mentor Recreation has hundreds of activities we can suggest if you need some ideas!

“I'm not athletic”

Almost everyone can take a stroll. A long walk on the beach, a short walk around the block with kids or grandkids - it all counts toward your daily moment.

Why Join The 100-Mile Club?

Great Family Fun – All family members can participate and achieve a goal together; exercise is a great family bonding experience.

Feel Better! – Exercise improves your mood by stimulating a variety of brain chemicals, leaving you less stressed and happier.

Sense of Accomplishment – Not everyone can say they're in the Club!

Help your Heart! – Walking briskly just 3 times a week can improve your heart health!

Defeat Diabetes – Often people don't even know they are at risk for Diabetes; don't take a chance!

Boost Your Brain Power – It's a proven fact that those who exercise regularly have better brain function, sometimes preventing Alzheimer's.

Exercise can be Creative! – You don't have to walk or run, think of the possibilities when it comes to getting fit; we've even got you started.

Be Safe!

- Warm up your muscles with simple stretches before exercising
- Wear light reflective clothing colors when using roadways, especially at night
- Don't forget protective gear such as a helmet, wrist guards, knee pads or protective eyewear depending on the sport you pursue
- Stay hydrated by drinking plenty of water
- Consult your physician before beginning any exercise program

Mentor Recreation Department
8500 Civic Center Blvd.
Mentor, Ohio 44060
(440) 974-5720
www.cityofmentor.com



Mentor in Motion: The 100-Mile Club



The Walk, Run, Bike,
Hike, Paddle, Skate and
Golf Way To Get Moving

Sign Up Today!

Register online at

www.cityofmentor.com

Or call the City of Mentor Recreation
Department at (440) 974-5720

