

IT'S TIME TO WALK THE WALK AGAIN

It's getting cooler - so now is the time to get started! There is nothing better for the environment and your health than putting the car keys in a drawer, throwing on a pair of sneakers and hitting the pavement. And for your mind while you walk, we have new attractions and routes - and each walk has a special treat or a special twist!



DO THE LOCAL MOTION!
TAMPA BAY

Starting Friday October 16
at NOON at Lykes Gaslight Square
Free Guided Tours every other Friday

Do The Local Motion Walk Schedule

OCTOBER

- 16 Riverwalk Redevelopment
Downtown South and the Riverwalk
- 30 Halloween Stroll thru Oaklawn Cemetery
Prizes for the best costume, roses for the dearly departed

NOVEMBER

- 13 Hyde Park Holiday Decorations

DECEMBER

- 4 Victorian Stroll at University of Tampa
- 18 Local Heroes Walk

JANUARY, 2010

- 15 Tampa's Black History & Transportation
- 29 Gasparilla Practice

FEBRUARY

- 12 Valentine's Day
- 26 Bayshore, Bikes & Boats

MARCH

- 12 Hyde Park Chalk Walk
- 26 Franklin Street Corridor

APRIL

- 9 Plant Park
- 23 Earth Day

MAY

- 7 Cinco De Mayo / River Taxi



Receive a **FREE Pedometer** and sign up to earn great prizes!

Visit Tampa Downtown Market the same days.



BlueCross BlueShield of Florida
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www.DOTHLOCALMOTIONTAMPABAY.COM

Healthy Together - 813-849-9355