

AMAZING AMERICA TEAM FITNESS EXPEDITION

SEPT. 26–NOV. 4, 2011



From a lobster dive on the east coast to Yosemite National Park, clear to salmon fishing in the mighty Pacific, this cross nation expedition has it all. Experience some of the splendor the beautiful U.S. has to offer in this virtual fitness challenge and step up to see what you've been missing. Create or join a team of 3-5 and join the Amazing America TEAM Fitness Expedition. Average 10,000 steps/day to complete the challenge by Nov. 4th and your team will be entered into a prize drawing for a healthy lunch!

For detailed registration instructions & to join, visit www.khcollaborative.org & click  logo.