

## GO GURNEE

### 5 Steps to Becoming a Champion:

#### Definition of a GO GURNEE Champion:

Champions are motivational ambassadors who are committed to sharing the mission of GO GURNEE. They invite and encourage others to participate in the movement through Facebook, e-mails and in-person interactions. GO GURNEE Champions then lead the way by completing the following steps with their friends, family and community members:

1. **Set a goal:** Step up to the challenge and walk 30 minutes a day for the month of May. Visit [Facebook.com/GOGURNEE](https://www.facebook.com/GOGURNEE) for details, motivation and tips.
2. **Get stepping at the kick-off event!** Bring your friends, family members and community partners to Viking Park (4374 Old Grand Avenue, Gurnee) on Sunday, May 1<sup>st</sup> at 6:00 pm for an inspiring rally and 30 minute walk.
3. **Walk** each evening at 6:30 pm through May 31<sup>st</sup> in your own neighborhood or at any park of your choice.
4. **Keep stepping at the walking rally!** Join your family, friends and neighbors in celebrating your success on June 1<sup>st</sup> at Viking Park (4374 Old Grand Avenue, Gurnee) at 6:00 pm with a 30 minute community walk.
5. **Continue walking** 30 minutes each day and visit the GO GURNEE Facebook page for surprises, educational activities and new opportunities. Don't forget to keep our community members active and involved in moving and connecting through social media.

#### 5 Reasons to Become a Champion:

1. Receive a limited edition GO GURNEE Champion t-shirt.
2. Improve your health and well-being.
3. Feel rewarded by other success through your support and leadership.
4. Be empowered knowing you made a difference.
5. Decrease national obesity rates one person at a time.

**Share the mission – spread the word.**

[GurneeParkDistrict.com/GOGURNEE](https://www.gurneeparkdistrict.com/GOGURNEE)

[Facebook.com/GOGURNEE](https://www.facebook.com/GOGURNEE)

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