



# Move More, Milton!

Be active, more often

## Celebrate Move More, Milton! Month in March

Goal: **65,000 activity minutes community-wide in March**

### Kick-off Event: Thursday, March 1, 10:00 am

#### Milton Sports Centre Walking/Jogging Track

Kick off your commitment to active living in March by attending this free community event. Work toward the kick-off day goal of 8,000 laps around the track, with free admission for the day.

### Join the Active Revolution

Try something new on your own or with a group by challenging yourself to find simple and creative ways to increase your activity level.

- **Plan your activity:** Shake things up and discover creative ways to incorporate at least 15 minutes of activity into your daily routine.
- **Promote your commitment:** Participate by registering your commitment details online and reporting your progress. Move More, Milton! will keep the local media informed.
- **Track the community's progress:** Visit [www.MoveMoreMilton.ca](http://www.MoveMoreMilton.ca) all month long to see the total count of active minutes.

Keep moving more every day in March with helpful online resources, including:

#### Promotional Tools:

- Logos, posters, templates and more to help you promote your active living events.

#### Active Living Articles:

- **Couch Potato Workout:** Sneak in a workout and stay active during commercial breaks with quick and easy exercises.
- **Workout: "Chore"ography:** Follow our household "chore"ography and discover the benefits of active cleaning.
- **Put Some Pep In Your Step:** Discover 10 helpful steps to get you walking more often.

Subscribe to the Move More, Milton! e-newsletter for even more ways to be more active, more often.

### Wear Orange!

Stand out in the community by showing off the Move More, Milton! orange during your activity! Whether it's t-shirts, hats, sunglasses, scarves, mittens or necklaces, your group is sure to impress! Wear the colour orange during every active event to have fun and be noticed!



### Work-it-out in March!

Celebrate Move More, Milton! Month in March by choosing from a variety of group fitness and aquafit classes, or cardio/weight room workouts in Town of Milton facilities.

#### Move It Mondays

**Free!**

##### Milton Sports Centre

9:00 - 10:00 am	Cardio Core
12:10 - 12:50 pm	Mind/Body Flow
7:00 - 8:00 pm	Boot Camp

#### Free Fitness Fridays

**Free!**

##### Milton Leisure Centre

9:00 - 10:00 am	Aquafit
9:15 - 10:15 am	Cardio Mix
10:20 - 11:20 am	Mind/Body Flow
12:10 - 12:50 pm	Strengthen & Tone

Classes are offered on a first-come, first-served basis; space is limited.

### Bring Your Own Buddy

Fitness pass holders are entitled to buddy passes, to be redeemed throughout the pass term:

- **Annual:** Four buddy passes
- **90-day:** Two buddy passes

To encourage active living in March, buddy passes redeemed through the month will be entered into a draw to win a free personal training session and fitness basket for both the pass holder and the buddy.

For information and detailed schedules, visit [www.milton.ca](http://www.milton.ca) or call 905-878-7946.



[www.MoveMoreMilton.ca](http://www.MoveMoreMilton.ca)

