



Welcome to Moon Walk 2010!

Moon Walk 2010 is a project of the Wellness Champions of the Quad City Health Initiative (QCHI).

Between April 16, 2010 and June 11, 2010, the Quad Cities will compete with Peoria and Champaign-Urbana to walk a community total of 238,700 miles, the equivalent of one trip to the moon, and track the number of miles per registered walker!

Why? Because the Wellness Champions are committed to helping Quad City residents make healthy choices regarding nutrition and exercise. The Moon Walk is a fun way to reinforce the importance of daily exercise in maintaining our health and preventing disease. Moreover, we were challenged! The Moon Walk started in Peoria in 2003 and this will be the fifth Moon Walk for the Quad Cities; the Quad Cities has won three of the past four Moon Walks and is the defending Moon Walk Champion. Help us defend our title of Moon Walk Champions for the fourth time in 2010!

Registration for the Moon Walk is free and will be available in March 2010 through our Team Captains. Once registered, Moon Walkers will keep daily logs of their mileage and report weekly tallies to their Team Captains. (If you'd prefer a different type of exercise, you can translate that activity into "miles" using our mileage conversion chart). Every week, we will total our community's miles and check-in on the progress of our competitors. The winner will be declared on June 16th as the community that has 1 – accumulated at least 238,700 miles and 2 – has the highest number of miles per registered walker. It's that simple!

Are you interested in getting involved? We're looking now for Team Captains and Moon Walk sponsors. If you'd like more information, please contact Mission Control at 563-421-2826. You can learn more about the Wellness Champions and the Quad City Health Initiative at www.qchealthinitiative.org.

Let's walk to the moon!