

Healthy Downtown Business Program

Start Walking Downtown Today!

WHO is eligible to participate:

Downtown Business Owners and Downtown Business Employees in the Allegheny Together Program.

HOW to participate:

1

Get your FREE Pedometer, courtesy of the Allegheny County Health Department. Pedometers are being distributed by Town Center Associates during the last week of July and are also available for pickup at your Municipal Building. **SUPPLIES ARE LIMITED**: so get yours today! Make sure to complete the sign-up form at the Municipal Building to participate & be eligible for prizes!

2

Track your steps/miles walked during the month of August with your Walking Log. Each participant should keep their own Walking Log (NOT just one per business).

3

Each participant should **complete your pre-evaluation, post-evaluation, and Walking Log**. TCA will stop by to pick them up during the first week of September. Everyone who completes all three forms will receive a prize!

4

BE THE WINNING BUSINESS! We'll tally up the results of walking logs in September to arrive at an average steps walked per employee for each business. We'll give awards to:

- The Healthiest Business in each Downtown (1 award per town)
- The Healthiest Allegheny Together Downtown (which town walks the most steps overall)
- The Healthiest Downtown Employee

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Questions? Just contact Town Center Associates at tca@towncenter.info or 412-577-7447.

FREE RESOURCES TO MAKE WALKING DOWNTOWN EASIER & MORE FUN!

The following documents are available at www.downtownfirst.net:



- Printable **Downtown Walking Map** to help you determine your walking route & track your mileage.
- Printable **Downtown Business Directory!**
- Printable **Walking Log, Pre-Evaluation, & Post-Evaluation**. Complete each of these and receive a prize when we return to pick them up the first week of September!

This program is brought to your community through the following organizations:



TOWN CENTER
ASSOCIATES