

# Are you looking for ways to be and stay active?



Check out [getmoving.vermont.gov](http://getmoving.vermont.gov)



- Tools to get you started and keep you moving
- Online physical activity tracker
- E-tools to create personal routing maps
- Ways to have fun on your own or with others

**Log on, set a goal and start tracking today!**



Join our Spring 2010 Challenge!  
April 12-July 5th

*The Hills are Alive with Vermonters Walking:  
Vermont Mountain Peaks*

Register\*, log in and track your activity!

Questions: [DHR-EmpWellness@state.vt.us](mailto:DHR-EmpWellness@state.vt.us) or 802-241-1535

\*If you registered before, you are all set!