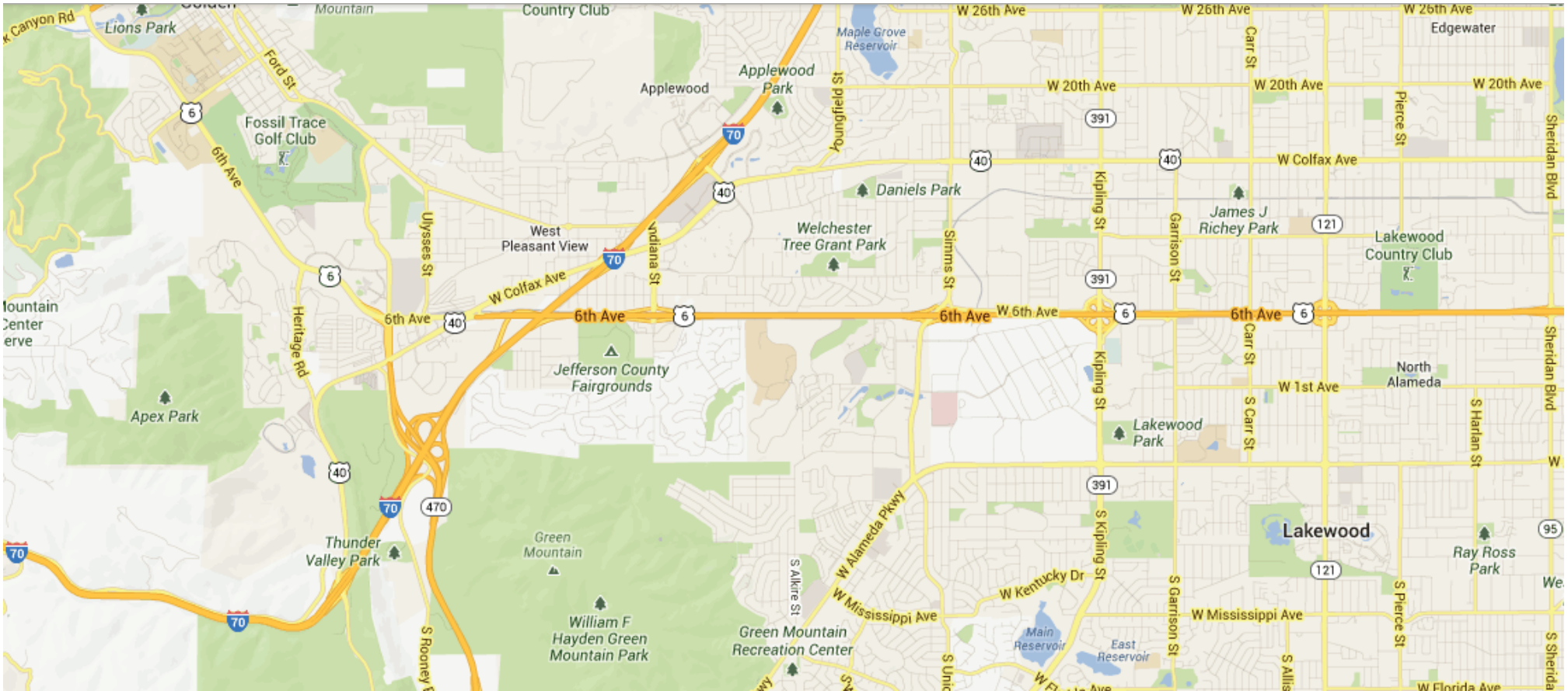


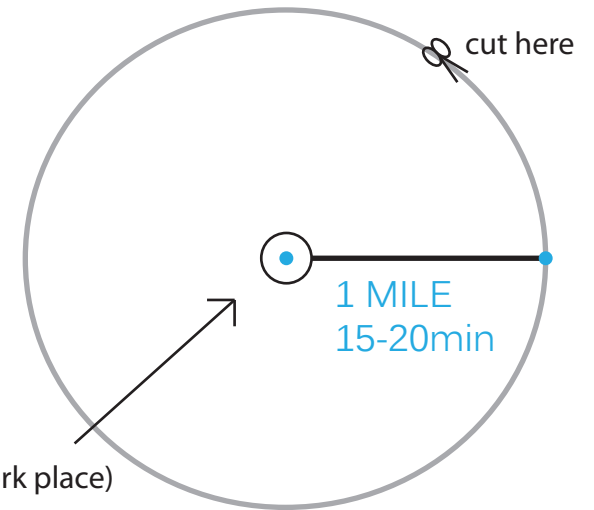
walk2connect ZONE 4 S GOLDEN / LAKEWOOD

YOUR UNIQUE WALKING ZONE / TRY YOUR BEST TO NOT DRIVE ANYWHERE INSIDE THIS 1MILE CIRCLE!



DRAW A 1MILE RADIUS AROUND YOUR HOME OR WORKPLACE /
SEE MEASUREMENT & CUT OUT CIRCLE BELOW
IT TAKES (ROUGHLY) 15-20 MINUTES TO WALK 1 MILE /
REPLACE PRACTICAL SHORT TRIPS WITH WALKING

- SAFETY TIPS**
- WEAR SOMETHING BRIGHT SO YOU CAN BE SEEN
 - WALK AGAINST TRAFFIC IF THERE'S NO SIDEWALK
 - WALK THE ROUTE WITH A FRIEND FOR THE FIRST TIME
 - WEAR COMFORTABLE SHOES
 - BRING WATER / WEAR SUNGLASSES & SUNSCREEN



make small hole (home or work place)