Are you looking for ways to be and stay active?

Check out **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!

Get moving Vermont!

The VT State Employees' Wellness Program
Celebrating 20 Years of Service
We're Here for You!

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 or 802-241-1535
*If you registered before, you are all set!

VERMONT DEPARTMENT OF HUMAN RESOURCES
DEPARTMENT OF HEALTH

The Vermont Governor's Council on Physical Fitness and Sports