



# WOMAN Challenge

Women and girls **O**ut **M**oving **A**cross the **N**ation

Sponsored by: Office on Women's Health, U.S. Department of Health and Human Services

## Join us for the 5th annual **WOMAN Challenge**

Beginning Sunday, May 11th, 2008 – Mother's Day

### **SIGN UP NOW...**

#### **It's quick and easy!**

Join thousands of women and girls who are making a commitment to their health by participating in the WOMAN Challenge.

#### **For participants with mobility impairments:**

Contact the National Center on Physical Activity and Disability (NCPAD) for information on starting a physical activity program, or about adapted arm band pedometers.

[www.ncpad.org](http://www.ncpad.org)

### **Be one of the first to register and...**



**Receive your welcome packet** full of motivational materials and women's health information including a WOMAN Challenge tracking log to record your physical activity



**Choose 1 of 6 virtual routes** across the United States to track your progress during the Challenge – explore the country without leaving your hometown!



**Form a team or participate as an individual**



**Choose your own physical activity goal** each week to fit your lifestyle



**Receive motivational emails**, useful health information, and regular progress reports when you record your activity on the interactive website

To register and for more information:

[www.womenshealth.gov/woman](http://www.womenshealth.gov/woman)