



## Join the Dance Out Diabetes Shape Up San Francisco Virtual Walking Team! April to June 7, 2013

The Shape Up Walking Challenge is a 10-week event that encourages physical activity and healthier lifestyles. Teams are walking together to meet the goal of the Challenge, which is to virtually walk the entire coast of California (1,016 miles).

**It's not just walking; you can DANCE, too!** 20 minutes of any physical activity equals 1 mile. After you have exercised, record your miles on the site. You can track your progress, and see how our team and others are doing.

To join, register at [www.shapeupswalkingchallenge.com](http://www.shapeupswalkingchallenge.com)  
Click on REGISTER HERE, and make sure you pick the Dance Out Diabetes team from the list. Let's walk (or DANCE) the coast of California together!

**It's easy, free and Dance Out Diabetes will give \$25 to 4 people that log the most miles when the programs ends on June 7<sup>th</sup>.**



Check out [www.danceoutdiabetes.org](http://www.danceoutdiabetes.org) or visit us on Facebook.