

Derby Walks



DERBY HEALTH
COLLABORATIVE



FITNESS PLEDGE FORM-"I AM COMMITTED TO BETTER HEALTH"

I, the undersigned, do hereby commit to participate in the Derby Health Collaborative's **Derby Walks Initiative** to promote better health through physical activity.

- I will commit to walking 30 minutes or more most days to reduce the risk of developing many of the diseases that can cause disability and shorten life.
- I will track my distances using the tracking calendar. (Downloadable at www.derbyrec.com website.)
- The DRC is also committed to your success and with your pledge to walk, the DRC will allow you to use the indoor track for FREE on days of inclement weather.
(See inclement weather policy.)

PLEASE PRINT

(All information must be provided)

Name: _____ D.O.B: _____
(Last) (First)

Address: _____ City: _____ State: _____ Zip _____

Parent's Name (if under 18): _____ Email: _____

Home Phone:(____) _____ and/or Cell Phone:(____) _____

Emergency Contact: _____ Emergency Phone: _____

WAIVER FOR PARTICIPATION

In consideration of your accepting this entry, I hereby, for myself, and child, my heirs, executors and administrators, waive and release any and all rights and claims for damages I or my child may have against the Derby Recreation Commission, City of Derby or USD No. 260 and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups.

Signature _____ Date _____

Why Walk?

Walking is great for your health and only requires a good pair of shoes. Walking reduces the risk of many chronic diseases.

- Coronary heart disease
- High blood pressure
- Diabetes
- Cholesterol
- Mental well being
- Osteoporosis
- Breast Cancer
- Colon Cancer

Move Your Way

Join the whole community for a month long walking challenge in September. Get your tracking card at the Derby Recreation Center or online at derbyrec.com.

Special Walking Events

Watch for special walking events throughout the year. Check the DRC guide.



Return this form to the Community Wellness Coordinator at Derby Recreation Center, 801 E. Market, Derby, KS 67037. For more information call 788-3781.

