

# **Walking/Jogging to Stay Fit From Couch Potato to 5K A P.S. 139 Parent Event**

**Being active is healthy!**



**How many steps are in a mile?**

**Let's keep track!**

**Walk or jog a 5K or 3.1  
miles**

**In less than  
3 months!**

**Where: Meet in the Main Lobby at 8:30 a.m.**

**When: Every Tuesday beginning October 7, 2014  
(weather permitting)**

**Why: To get on track to a Healthier You!**

**Have you always wanted to exercise but don't know where or  
how to start? Let's start together!**

**Please join us every Tuesday and get into shape!**

**Being physically fit is healthy!**

**We'll walk or jog around the track in the school yard as well  
as exploring the neighborhood. Please join Nina Lipton, Parent  
Coordinator and let's get on the right track!**

**Meet in the Main Lobby, no RSVP is required.**

**Contact: Nina Lipton by e-mail: [nlipton@schools.nyc.gov](mailto:nlipton@schools.nyc.gov) or phone 347-563-4461**

