

The Square Mile Challenge

West Plains Shape-Up 2009, Oct 5th – Nov. 22th

**Square Mile Lunch-Hour Walk Every Wednesday during the
Shape Up Campaign**

Shape-Up is a campaign designed to help West Plains citizens make positive changes so that they can move towards a healthier lifestyle that includes routine physical activity.

Walk a “Square Mile”



Build into your day a one-mile walk by taking the “Square Mile” walking challenge. Start at any point on Court Square, downtown West Plains. Then walk to the corner, down two blocks and back to the square. Continue in the same pattern, walking down and back two blocks from each of the streets off the square (Washington Ave., East Main, Aid Ave., and West Main), and once around the courthouse. The total distance for this route is one mile – thus the “Square Mile”. Depending on your pace, the time required is about thirty minutes.

The Square Mile Challenge #1:

take the Square Mile Walk at least three times a week.

The Square Mile Challenge #2:

take the Square Mile Lunch-Hour Walk, every Wednesday, Sept. 28th – Nov. 20th.