

## **‘Passport to Active Living’ challenge kicks off**

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Weight of the Fox Valley, a regional initiative focused on helping residents achieve and maintain a healthy weight, will launch its “Passport to Active Living” challenge with a community walk across the Trestle Trail bridge at 11 a.m. Monday.

Residents are invited to gather in the Town of Menasha’s Fritse Park for the kickoff program with stretching and a walk across the bridge and back.

“This area is rich with beautiful trails, walking paths, parks and exercise routes. We hope this challenge encourages residents to visit their favorite trails and explore new ones,” said Keren Rosenberg, executive director of Weight of the Fox Valley. “Though we began planning this event before the tragedy on the Trestle bridge, the message is now more relevant than ever.”

Challenge participants earn stamps in two ways: walking, hiking or jogging an area trail or walking path once a week; or logging at least 15 minutes of exercise three times a week.

Calumet, Outagamie and Winnebago County residents are eligible to participate.

Passports are available at YMCA of the Fox Cities locations, Oshkosh YMCA locations, United Way offices in Oshkosh or the Fox Cities and the Calumet County Health Department. These will also be the locations for the six- and 12-week check-ins.

To find information on area trails, parks and walking paths, visit the Weight of the Fox Valley’s new Trail Locator at [www.wotfv.org](http://www.wotfv.org).