

# 4-H Challenge 2009



## Walk NJ Point-to-Point

**Who:** Anyone who is involved with the 4-H Program, their families, and friends

**What:** An 8 week virtual challenge to walk from High Point to Cape May Point-with a special awards event in June!

**When:** Pick any 8 week period between March 1 and May 31.

**Why:** To learn about exercise, be healthy, and most of all, have fun!

**How:** You can get an information and registration packet from your County 4-H office or go to [www.nj4h.rutgers.edu/getmoving](http://www.nj4h.rutgers.edu/getmoving)

Track your progress online at [www.getmovinggethealthynj.rutgers.edu](http://www.getmovinggethealthynj.rutgers.edu)

### Awards:

Top Group in County  
Top Group in the State

**T-Shirts for all those who walk  
Point to Point!**



Questions? Contact your county 4-H office or the GMGH team at:

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