



STEP IT UP!

Don't use the cold weather as your excuse to quit exercising. Margaret Mary is once again partnering with area schools to provide you a warm place to walk this winter. Starting November 1 (runs through March 31), the hallways of area schools are available, no fee attached. Participating schools include:

Batesville High School: Monday - Thursday, 4 - 6 PM

~ Please enter from the back parking lot, near the greenhouse. The doors will be locked from entering the building at 6:00 PM.

Brookville Old Middle School Gym (225 E. 10th Street): Monday - Friday, 7 AM - 3 PM

Jac-Cen-Del Elementary School: Monday - Thursday, 4 - 7 PM

Laurel Elementary School: Monday - Thursday, 4 - 6 PM

~ Use entrance A1 (Front Door)

Milan Elementary School: Monday - Thursday, 5:30 - 7:30 PM

South Ripley High School: Monday - Thursday, 4 - 7 PM

~ Use entrance #10.

Sunman Elementary School: Monday - Thursday, 6 - 8 PM

Registration/Liability Form

I desire to voluntarily participate in Step it Up. I understand walking is a form of exercise and, as such, the program is designed to increase my fitness by gradually increasing the workload I place on my heart and respiratory system. Therefore, it is important I exercise at my own pace and accept responsibility for monitoring my progress and my body's condition. If any unusual symptoms occur, I will cease my participation and contact my physician.

I understand the risks involved in this and any exercise program. I have consulted with my physician regarding any medical conditions I may have. I agree to hold harmless both Margaret Mary Health and the school corporation I am walking at from any and all claims, suits, losses or related causes of action for damages, including but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or arising in any way from Step it Up.

Name: _____ Today's Date: _____

Address: _____ City: _____

Phone Number: _____ Signature: _____

Location: Batesville Brookville Jac-Cen-Del Laurel Milan South Ripley Sunman

If school is canceled or closed, Step it Up will not be held. The program will also not be in session when schools are holding major events such as parent-teacher conferences, art shows, etc. Be sure to check your school's calendar for a complete listing. All completed forms should be sent to: Margaret Mary Health, Attn: Meg Applegate, P.O. Box 226, Batesville, IN, 47006.



KEEP TRACK

Want to know how far you're walking? Use these maps to figure out your mileage. All tracked routes begin and end at the same location. Happy walking!

