

# Join Allentown's walking program Million Clicks for Million Hearts!



Help the city reach the goal of *One Million Clicks* while winning prizes along the way!



Register today, get a free key-tab and "click-in" in at any JobClock located at the walking paths listed below.



## Million Clicks for Million Hearts Walking Paths

- **LifeTrail in Cedar Creek Parkway:** Trail across from pavilions— enter on Honochick Drive
- **Trexler Park:** Main trail entrance near pond— enter on Springhouse Rd
- **Andre Reed Park:** Near Andre Reed Park sign— on Irving Street
- **The Hamilton Mile:** PPL Plaza— Hamilton & 9th Street
- **Lehigh Parkway:** Near Robin Hood Bridge — enter through 15th Street
- **NEW Lehigh Parkway:** Near Covered Bridge
- **NEW Stevens Park:** Corner of Tilghman and Park Streets
- **NEW West Park:** Kiosk by the band shell
- **NEW Jordan Park:** Near Sumner Ave and trail entrance
- **NEW Roosevelt Park:** S. Filmore Street by the basketball court parking lot

## Receive a free key-tab:

Register online at  
[www.allentownpa.gov/millionhearts](http://www.allentownpa.gov/millionhearts)

OR

Send completed sign-up form to:  
Allentown Health Bureau  
245 N. 6th Street  
Allentown, Pa 18102

Questions? 610-437-7581 or  
[millionclicks@allentownpa.gov](mailto:millionclicks@allentownpa.gov)



➡ Prizes are awarded each month!!! ⬅

## SIGN UP for Million Clicks

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Height \_\_\_\_\_ Weight: \_\_\_\_\_

Circle your answer for the following:

**Sex:** Male / Female

**Ethnicity:** Hispanic or Latino/  
Non-Hispanic or Non-Latino

**Race:** White / Black or African American / American Indian or Alaska Native / Asian / Native Hawaiian or Other Pacific Islander / Multi-Racial

**Education Level:**

Some high school  
High school graduate  
Some college  
College graduate

During the last 7 days, on how many days did you walk/run for at least 10 minutes at a time for exercise?

\_\_\_\_\_ days



Allentown  
City without limits.



Million Clicks for Million Hearts

@AtownHealthDept



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