



Please join the City of Thornton,
CBS4 and America On the Move for a
Fit 4 Colorado Community Walk!

Saturday, January 30
9 a.m.

Thornton Multipurpose Fields
108th & Colorado Blvd.

The Fit 4 Colorado Community Walk promotes physical activity in local communities, and encourages people to make small behavioral changes in order to improve their health. The walks are free of charge and are open to anyone who is interested in finding a fun and easy way to stay active. Walkers are encouraged to dress for the weather, use sunscreen and bring a bottle of water.

The Thornton walk will be 2 miles in length and will take place on the trails in and around the Multipurpose Fields at 108th Ave. & Colorado Blvd.

Mayor Erik Hansen and CBS4's Jennifer Zeppelin will lead the walk.

Participants should park in the east parking lot of the multipurpose fields and walk to the west parking lot where the official start will begin at 9 a.m.

Each participant will receive a free Fit 4 Colorado pedometer and a water bottle.

FUN AND FREE!

NO REGISTRATION INVOLVED!

FAMILIES, FRIENDS AND FIDOS WELCOME!

Please come prepared to pick up after your pet.



For more information on
Fit 4 Colorado go to
www.fit4colorado.com