



*****March 21 to May 15, 2010*****

**FIT Extension is a fun, family oriented,
flexible way to get fit!**

Teams of six people- including friends, family, neighbors, co-workers or even students- just start walking or biking, jogging, playing basketball, soccer, or doing any other favorite physical activity.

Team members can be active together or individually, outside or inside, at the mall, at the gym, or in the neighborhood- any way that fits their lifestyle!

**To sign up a team or for more information, visit the website at
www.fitextension.ext.vt.edu or contact:**

Sarah D. Burkett or Mary Rupe (amary@vt.edu)
VCE - Pulaski County Office
Phone: 540-980-7761

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Mary Rupe at VCE - Pulaski at 540-980-7761/(TDD*) or amary@vt.edu - during business hours of 8:00 a.m. to 5:00 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800) 828-1120.

Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments.



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