



Schuylkill on the Move

***Schuylkill On The Move
is a county-wide
grassroots organization
of individuals and organizations
who have an interest in promoting
health and fitness through walking.***

Schuylkill on the Move Partners:

- Blue Mountain Family Chiropractic
- Diakon Community Services for Seniors
- Episcopal Churches of Schuylkill County
- Girl Scouts in the Heart of Pennsylvania
- Healthy Habits Natural Market
- The Interfaith Health Network of Schuylkill County
- OMI Technologies
- Phoenix Rehabilitation and Health Services
- Pottsville Project Fit
- Pottsville Republican and Herald
- Schuylkill Chamber of Commerce
- Schuylkill Conservancy
- Schuylkill County's VISION
- Schuylkill County Visitors Bureau
- Schuylkill Mall
- Schuylkill Medical Center, South Jackson
- Schuylkill YMCA
- Schuylkill YWCA
- Spectrum Senior Consultants, Inc.
- Stonehedge Gardens, Inc.
- St. John's UCC: Walk ! Orwigsburg
- Walk ! St. Clair

For More Information contact:

Teddi Cunningham at

Diakon Community Services for Seniors

118 South Centre Street Pottsville, PA 17901

Phone (570) 624-3012

www.schuylkillonthemove.com

Schuylkill County
VISION
partners

SCHUYLKILL on the MOVE

WALKING FOR WELLNESS

SCHUYLKILL ON THE MOVE.



Schuykill on the Move is a Schuykill County organization of individuals and organizations who have an interest in promoting health and fitness through walking. Our goals are: to assist local communities with establishing walking programs; to advocate for walkable communities; and to encourage people to take positive steps toward good health.

WHY WALK?

According to the United States Department of Health and Human Services and the National Institute of Health, walking is one of the easiest ways to be physically active. You can do it almost anywhere and at any time. Walking is also inexpensive—all you need is a pair of shoes with sturdy heel support.

Walking may:

- Give you more energy and make you feel good.
- Reduce stress and help you relax.
- Tone your muscles.
- Increase the number of calories your body uses.
- Strengthen your bones and muscles.
- Improve your stamina and your fitness.
- Lower your risk of chronic diseases, such as heart disease and type 2 diabetes.
- Give you an opportunity to socialize actively with friends and family.

Please check with your health care provider before starting a walking program.

RECENT PROJECTS

Schuykill on the Move presents annual awards for the Most Walkable Community in Schuykill County and Champion of Community Walking. We are currently designing a walking labyrinth at Stonehedge Garden in Tamaqua.

OUR WEBSITE

VISIT WWW.SCHUYLKILLONTHEMOVE.COM
FOR INFORMATION ON:

- LOCAL WALKING EVENTS
- LOCAL HIKING AND WALKING PATHS
- HOW TO START YOUR OWN WALKING GROUP
- WALKING LOGS
- HOW WALKABLE IS YOUR COMMUNITY
- WALKING FACTS

Visit Our
WEBSITE:

www.schuykillonthemove.com