

May 3, 2014

Alderman Nik Kovac, Chairman  
City of Milwaukee Common Council Finance and Personnel Committee  
200 East Wells Street, Room 205  
Milwaukee, WI 53202

**File #140074: Communication regarding citywide “Walk 100 Miles in 100 Days”**

Dear Alderman Kovac and Finance Committee Members:

The City of Milwaukee Department of Employee Relations (DER) and the City of Milwaukee Health Department (MHD) will be promoting a citywide effort to get residents to “Walk 100 Miles in 100 Days.” Working with Mayor Barrett and members of the Common Council, the effort will invite all city residents to sign on, create your own account and track your miles June 2 through September 13 for a healthier you.

More than 60% of Milwaukee residents report being overweight. Less than half of Milwaukee residents report getting recommended physical activity on a regular basis. We can change this, one step at a time. Mayor Barrett and Milwaukee Alderman will challenge City residents to walk 100 miles in 100 days. Why walk? It’s easy, accessible, and it could save your life. Regular physical activity has been shown to help control weight and lower risk for heart disease, stroke, type 2 diabetes and depression. Even better, it might just help you live longer.

Residents can join a walk with a community leader, can organize their own walk, can participate in a “cause related” walk, or join a walk with Mayor Barrett or their local Aldermen. A list of the walks will be posted on the website or a resident can simply walk around their own neighborhood with their family. All mileage will be self-reported on a web site. A weekly update regarding the number of participants and the number of miles walked will be published.

Look for more information in the coming month. Thank you.

Michael Brady  
Employee Benefits

Cc: Bevan Baker, Milwaukee Health Department