

## Benefits of GIVING IN ACTION...

- Exercise helps achieve and maintain a healthy body weight.
- Regular physical activity helps build and maintain strong, healthy muscles, bones and joints.
- Exercise aids in the development of important interpersonal skills—this is especially true for participation in team sports.
- Exercise improves the quantity and quality of sleep.
- Research shows that exercise promotes improved school attendance and enhances academic performance.
- Those who exercise have greater self-esteem and better self-images.
- Participating in regular physical activity prevents or delays the development of many chronic diseases (e.g., heart disease, diabetes, obesity, hypertension) and promotes health.
- Those who are active report fewer symptoms of anxiety and depression and a better overall mood.
- Exercise helps improve motor coordination and enhances the development of various motor performance skills.
- Being involved in charitable giving by increasing social connectedness, empathy and responsibility.

An added benefit to your involvement in **GIVING IN ACTION** is knowing you are making a difference in the lives of those in our community impacted by cancer.



## 100 MILE SUMMER CHALLENGE

*Complete at least 97 miles between June 21 & September 30*

**Finish your last miles at the Steeplechase Distance Run.**

This summer, Robert Wood Johnson University Hospital Somerset invites you to experience **GIVING IN ACTION**.

Take part in our 100 Mile Summer Challenge.

We challenge you to walk or run 97 miles in the days between the first day of summer and the Steeplechase Distance Run. That works out to be just about 1 mile per day. Then let our finish line double as your 100 mile mark!

On Sunday, September 30th, the 10th annual Steeplechase Distance Run will take place at Amsterdam Elementary School in Hillsborough.

Funds raised by the event will support the programs at RWJ's Steeplechase Cancer Center.

**Register by August 1st to be guaranteed a commemorative 100 mile finisher's medal.**

**5K / 10K / 2 MILE WALK**  
**\$30 or \$15 for those 15 and under**  
**KIDS SPRINTS - \$10**

**Register @ [www.steeplechasedistancerun.com](http://www.steeplechasedistancerun.com)**

