

Welcome to the Oaklawn Walks Program

Join the Derby Health Collaborative's Oaklawn Walks Initiative by pledging to walk 30 minutes most days to improve and maintain your health. Walking is great for your health and only requires a good pair of shoes. Walking reduces the risk of many chronic diseases too. By signing up and tracking your time, you will become eligible to **use the indoor gym at the OAC free** of charge on inclement weather days. Get started by downloading the Fitness Pledge form and Tracking form at www.derbyrec.com or call (316) 788-3781 to receive copies.

Inclement Weather Policy

The OAC/DRC is committed to your health and wellness and with your pledge to walk and track hours; the OAC will allow you to use the indoor gym for FREE on days of inclement weather. Inclement weather for use of the OAC indoor gym is defined as follows:

Inclement Weather Policy for using OAC Indoor Gym:

1. Winds must be greater than 15 miles an hour
2. Temperatures below 40 degree Fahrenheit
3. Temperatures above 90 degree Fahrenheit
4. Snow, sleet, rain or ice.



Derby Health
collaborative

Oaklawn Walks Indoor Gym Procedures

- OAC Guest Services will monitor conditions for each day.
- All Oaklawn Walks participants must check-in with the front desk prior to using the gym.
- The Oaklawn Walks Program is an annual program that runs **January 1, 2019-December 31, 2019**. After this time period you must re-enroll in the program in order to use the OAC indoor gym during inclement weather.

We encourage our walkers to invest in a membership for further walking and exercising. The Oaklawn Walks inclement weather indoor gym usage is a privilege and maybe revoked at any time.

Contact Debbie Williams, Community Wellness Director for further information at (316) 788-3781 or by email at Debbie@derbyrec.com.