Pass the Baton

Instructions:

Step 1: Create a baton, mimicking those used in Olympic team relays. You can simply use paper and tape or use your own creativity.

Step 2: Determine a walking distance (can be measured in metrics or time). You could also use MapMyWalk as a resource to identify a route.

The Challenge:

The first participant will begin the challenge by completing the department-determined walking route/distance and will "Pass the Baton" to the next participant upon completion.

Each participant has one hour to complete his or her leg of the relay (or whatever timeframe has been determined) and pass the baton to the next person.

Send us pictures of participants (who have signed media waivers) and the batons and submit them to healthier.tennessee@tn.gov.