

# Join Steps for Strong Bones and walk a...

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Kris-NOF 9 posts since

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*Steps for Strong Bones* is a national effort to promote bone health through weight bearing exercise and increase awareness of osteoporosis while raising funds to support the National Osteoporosis Foundation's programs of awareness, advocacy, education and research.

The National Osteoporosis Foundation (NOF) has partnered with Prevention Magazine to invite you to take part in their Team Prevention events as a *Steps for Strong Bones* team member. You can join Team Prevention and walk a full or a half marathon in support of NOF.

You can walk any of the four events listed below--all of which offer full and half marathon options (26.2 and 13.1 miles, respectively). Join +Steps for Strong Bones +and Team Prevention and you'll have strong support every step of the way. You can even win prizes for your fundraising efforts and with no required minimum for fundraising, it's up to you how much you raise!!!

**[Click here to register!](#)**

Clicking this link will open Team Prevention registration in a new window. Be sure to check the "Join Steps for Strong Bones" box during registration.

**October 12, 2008**

[Long Beach International City Marathon & Half](#)

**October 19, 2008**

[IMT Des Moines Marathon & Half](#)

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**November 23, 2008**

[Philadelphia Marathon & Half](#)

**December 14, 2008**

[Dallas White Rock Marathon & Half](#)

As a Team Prevention and Steps for Strong Bones walker you will receive:

- Training schedules customized just for you and your goal
- Personal on-line walking tracking program
- Top doctors, dietitians, and coaches to answer all your training questions
- Experienced mentors for extra personal guidance and support
- Message boards to trade tips with other walkers
- Weekly fundraising and walking tips
- Prizes and certificates for your fundraising efforts
- A personal fundraising page
- A personal blog to keep friends and family updated on your training
- Customizable e-mail messages to ask for support

**[Click here to register!](#)**

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Contact Kris House at [events@nof.org](mailto:events@nof.org) with questions.

Tags: fundraising, marathon, walking, philadelphia, dallas, des\_moines, osteoporosis, walk\_a\_marathon, strong\_bones, strong\_bones, walk\_for\_charity, steps\_for\_strong\_bones, long\_beach