

THE 50 MILLION POUND CHALLENGE WALK OFF FACT SHEET



Overview

Dr. Ian Smith's 50 Million Pound Challenge has teamed up with mayors to hold health walks in more than sixteen communities across the nation. The walks will be held on Saturday, September 12 and will bring people together in their own communities and unify others throughout the country to draw attention to the number one health issue facing America – obesity and illnesses that stem from being overweight, including diabetes, stroke, heart disease, and some forms of cancer.

Walk Offs

The Challenge Walk Off is a grassroots effort from Dr. Ian Smith's 50 Million Pound Challenge to inspire communities across the nation to join in the fight against obesity. Click on city names below to access the individual city team pages for more information:

[Houston, TX](#)

[Philadelphia, PA](#)

[Birmingham, AL](#)

[Richmond, VA](#)

[Buffalo, NY](#)

[Greenville, MS](#)

[Niagara Falls, NY](#)

[Williamsport, PA](#)

[Phoenix, AZ](#)

[Alexandria, VA](#)

[San Leandro, CA](#)

[Alexandria, LA](#)

[Garden City, KS](#)

[Morristown, TN](#)

[Stratford, CT](#)

[Glendale, AZ](#)

The 50 Million Pound Challenge is inviting all cities across the nation to join The Challenge Walk Off. Fellow citizens can sign up to host their own walks in their respective cities by logging onto 50MillionPounds.com. The first 50 teams with 50 team members to host a walk on September 12 will receive 50 free t-shirts featuring The Challenge logo.

History

Dr. Ian Smith founded The 50 Million Pound Challenge, a free national health initiative in April of 2007 to rally Americans to come together to 'Give up the pounds, not the fight.' It aims to reach its goal by making it easier for millions to join together to fight the epidemic of excess weight and weight-related illness. In more than two years, The 50 Million Pound Challenge has already helped more than one million people shed a collective 4.6 million pounds. At 50millionpounds.com, Challengers can find an online community and online weight loss tools at absolutely no cost, to help them on their journey and to stay on track. The 50 Million Pound Challenge is sponsored by State Farm®.

Media Inquires

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50 Million Pound Challenge

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