



# GET LEAN WITH LARM

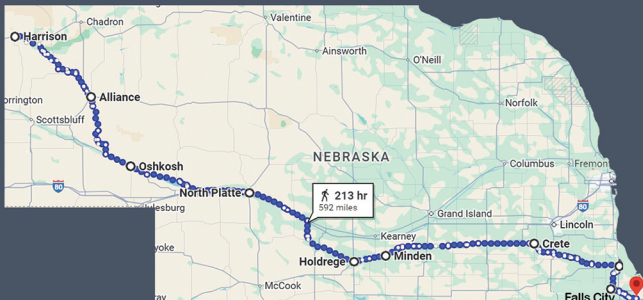
- ➔ REDUCE STRESS
- ➔ IMPROVE MOBILITY
- ➔ INCREASE STRENGTH

More info here



VIRTUAL WALK ACROSS NEBRASKA  
**592**  
miles

## Join us in a Virtual Walk Across Nebraska!



Join us in a virtual walk across Nebraska from Harrison, Nebraska, 592 miles to Falls City, Nebraska, - "walking" through LARM member towns along the way. Get a team of one, two, three, four, or five from your staff and add together the miles each of you walk after January 1, 2026. The first team in each division to reach 592 miles receives a LARM water bottle! All who complete the 592 mile virtual walk before December 31, 2026, will receive a LARM USB/USB-C storage drive. Walk on a treadmill if you'd like. Send us a photo and name of your team! Note- open to LARM members only and you can only be on one team.

402-314-6827

info@larmpool.org

larmpool.org/nebraska-strong.html



# Virtual Walk Across Nebraska 2026

**Let's take a virtual walk across Nebraska!** We're beginning in Harrison, Nebraska, in Northwest Nebraska, and virtually walking 592 miles to Falls City, Nebraska, in Southeast Nebraska - "walking" through LARM member towns along the way.

**Get a team of one, two, three, four, or five from your staff and keep track of the miles you walk after January 1, 2026.** The first team in each division to reach 592 miles receives a LARM water bottle! All who complete the 592 virtual walk before December 31, 2026, will receive a LARM USB/USB-C storage drive. **Send us a photo and name of your team!** Note- open to LARM members only and you can only be on one team.

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