

MAY 1, 2026 - AUGUST 1, 2026  
**WASHINGTON PARK**  
 INDIANAPOLIS



**FREE TRAINING**

May 1<sup>st</sup> to August 1<sup>st</sup>  
 Register Here:



(Pre-Event Conditioning  
 Strongly Suggested)



**WIN \$1000**  
**GOSPEL CHOIR**  
**SHOWDOWN**

**MID-WEST**  
 Church Choir Contest  
 Register Here:



(First, Second & Third  
 Place Compete at Event)

**Mary Lost:**  
 150lbs



**Dorothy Lost:**  
 40lbs



**Faith Lost:**  
 129lbs



**Carolyn Lost:**  
 20lbs



**Larry Lost:**  
 15lbs



**Bertha Lost:**  
 28lbs



**Deidra Lost:**  
 18lbs



**MID-WEST**

INDIANAPOLIS \* CHICAGO \* CINCINNATI \* CLEVELAND \* DAYTON \* LOUISVILLE \* NASHVILLE  
 MEMPHIS \* GRAND RAPIDS \* DETROIT \* GARY \* FT. WAYNE \* EVANSVILLE \* MUNCIE \* MERRILLVILLE



**Walk It Out America presents: The BACK IN SHAPE Tour**

With a 100% Success Rate at Weight Loss, Walk It Out America invites YOU to join us on the Road to Indianapolis - August 1, 2026, as we continue improving lives within our communities. We focus 90% of our **FREE TRAINING** on Nutrition! 50% of our participants have expressed a reduction in joint pain and 20% have reduced their need for medication... ..WE ARE GOOD AT WHAT WE DO!



**CHURCH! Now we can get our praise on and GET FIT!**

Cross the Finish Line, Win the Mid-West Church Choir Showdown and perform in the Park with Stellar Award Winning **DETRICK HADDON!**

**Events of the Day: 3k, 5k & 10K Fit Walks, Family Fit & Fun Fair, Bouncy House Zone, Face Painting, Horseback Riding, Skating to the Oldies, Potato Sack Relay Races, Kick Ball Tournament, Gospel Showdown Finalists, Pastor Deitrick Haddon, Community Prayer.**

**WE>ME**

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[www.walkitout.us](http://www.walkitout.us)



Featuring Stellar Award Winning:

**Deitrick Haddon**

performing after FIT WALKS