



Walking4Wellness

Introducing the Wellness Center's Summer Project - a light-hearted activity (with prizes) between June 15 and August 31!

What will YOU be doing?

Walk as much as you want whenever you want; keep track of your miles (we've prepared an EXCEL file that we will send you OR you can use the printed copy on the back of this insert).

Where?

Anywhere! You walk where the distances are marked or known, or use a device of your choice that will measure the distance for you (treadmill, wearable, etc).

How will the activity work?

Just sign up, and we'll send you the spreadsheet OR use the chart on the back of this insert. All you have to do is record your miles on it every time you walk (every day, we hope!). Category winners for most miles walked will be announced in September.

Whether you like walking outdoors, in a mall, in a gym - whatever - you can participate at your own level. We just want to encourage everyone to keep moving and have a fun doing it!

Sign up on the connection card or upcoming email, and we'll send you the details. Be fit - and Enjoy!