

JANUARY 26 - APRIL 27
SPRING 2010

Walking Club

INCENTIVES

Grand Prize: Nike Air Native N7 Shoe
Water Bottles, Walkman, Gift Certificates,
Pedometers, T-Shirts, Movie Passes



12:00PM - 1:00PM
MEET IN FRONT OF THE WELLNESS CENTER
4:00PM - 5:00PM
MEET IN FRONT OF LARGE GYM

Walk one loop of outer road on campus = 1.4 miles = 30 minute walk.

You can walk further if you'd like! Stop by to get signed up.

Must sign in at designated areas to keep track of miles.

In conjunction with "Measuring up to Good Health" & "Wellness in the Workplace"

