



Walking to Wellness

What is it?

A Walk-A-Thon, Campus Recreation **challenges** you to **get off the centro**, get **out** of your car and **park a little bit further** away in the parking lot. Remember:
Every step counts!

Compete to walk the furthest between April 1st and April 30th.

Sign Up When & How:

At Lee Hall Gym April 1st 10 am - 7 pm

First 30 participants will receive a FREE T-shirt!

First 70 participants will receive a free pedometer

All participants will receive a calendar to chart their progress.



Prizes:

The winner will receive a gift basket packed with goodies & a **FREE GYM MEMBERSHIP!** There will also be a drawing among other participants for more great prizes!

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