

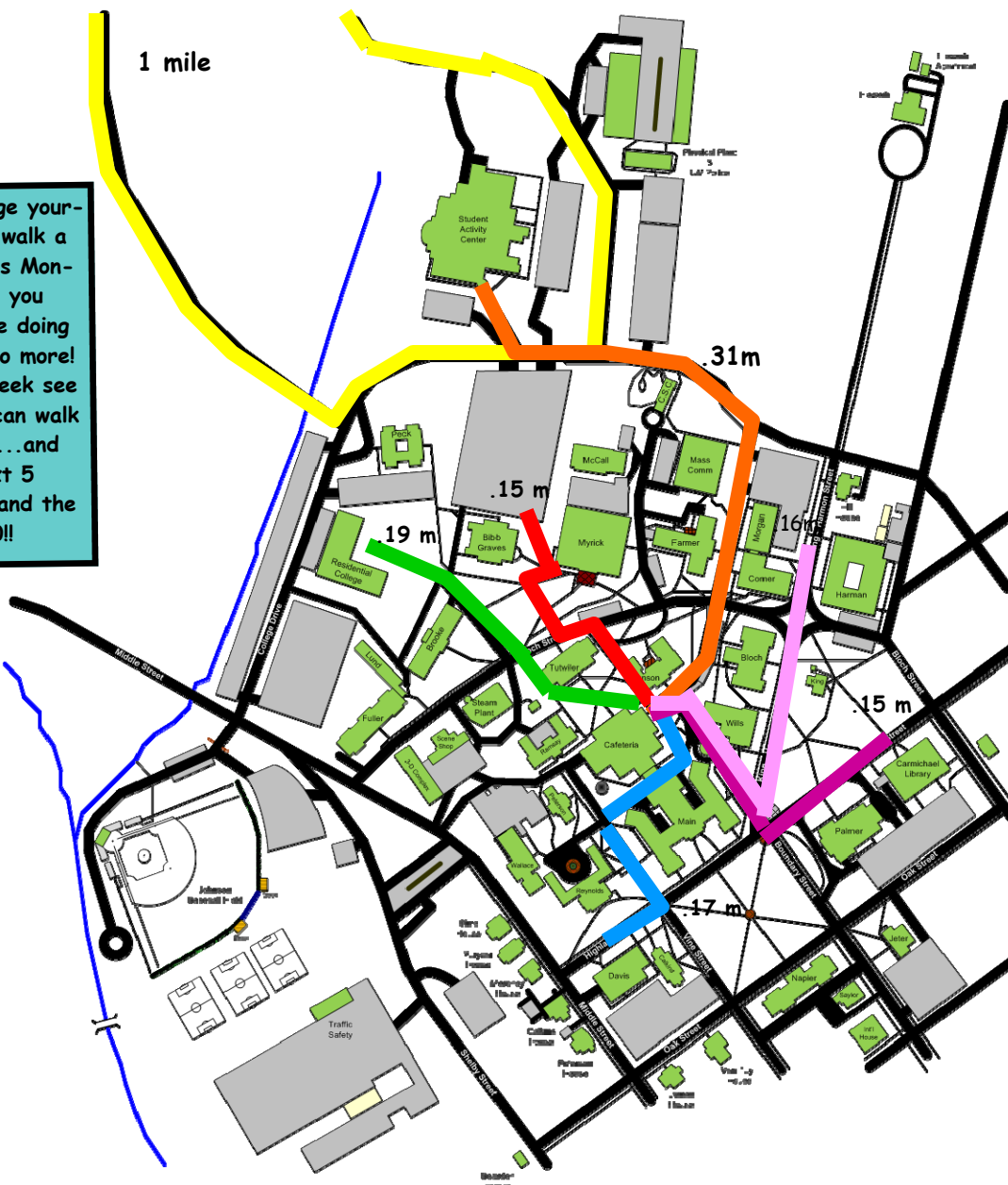
Healthy Monday

Walk-A-Mile Monday

Some benefits of walking a mile a day are...

- Burning more fat and controlling weight
- Improving mood and increasing longevity
- Increasing circulation and lowering blood pressure
- Lowering risk of heart attack and stroke
- Lowering stress level and improve sleep
- Providing personal time to think

Challenge yourself to walk a mile this Monday. If you feel like doing more...do more! Next week see if you can walk 3 miles...and the next 5 miles... and the next 10!!



The highlighted regions represent different distances on campus.