



WALKTOBER

October 11 | 5:30 a.m. – 5:30 p.m.

Let's walk/push together to improve our health. Join us for WALKTOBER on Wednesday, October 11 in the Fieldhouse, and help us achieve the goal of walking or pushing 284 miles total. We'll be randomly drawing names for prizes every hour. Don't miss out on all the fun!

Additional Information

- The latest research reported from Harvard University confirms walking/pushing can reduce cravings or the desire to eat sugary snacks.
- Walking/pushing can boost your immune system.
- Walking for at least 30 minutes a day is a great way to improve overall health.

