

WALK YOUR WAY TO WELLNESS

WITH EVERY

MOVE YOU MAKE

A SAFE STRIDE REQUIRES PROPER POSTURE AND PURPOSEFUL MOVEMENTS.

ASSESS AND PROGRESS FOR ENDURANCE AND STRENGTH.

TAKE YOUR WALK TO THE NEXT LEVEL AND RUN WITH IT.

30 MINUTES A DAY FOR A HEALTHY BODY, MIND AND SPIRIT.

BOOST YOUR MOOD - WALKING PRODUCES HAPPY HORMONES.



 **CORPORATE WELLNESS**
MEMBERSHIP

Powered by:  Employee Wellness
Solutions Network
Nutrition | Balanced Lifestyle | Fitness