

**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