

**WALK YOUR WAY TO WELLNESS**

**WITH EVERY**

**STEP YOU TAKE**

**TIME IS TIGHT BUT SO ARE YOUR MUSCLES.  
MAKE TIME FOR A WARM UP AND COOL DOWN.**

**CHECK YOUR FORM. BAD HABITS  
CAN PUT YOU AT RISK FOR INJURY.**

**MAKE IT SOCIAL AND CONNECT  
WITH A FRIEND.**

**SHORT BURSTS ADD UP - 10 MINUTES  
IS ALL YOU NEED.**

**WALK WITH PURPOSE TO STAY MOTIVATED.**

