

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.

 **CORPORATE WELLNESS**
MEMBERSHIP

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