



## Rowan University Student Health Center & Rec Center

### Walk the Talk: 10,000 Steps a Day

The Student Health Center and Rec Center challenges the Rowan community to walk 10,000 steps a day. Exercising and staying fit is not easy when working full time; however, together we can do it. Join the walking club, Walk the Talk by registering at the main office of the Rec Center and receive your starter kit that includes: a pedometer, walking journal and a members T-shirt.



#### What Will the Group Do?

Together for 30 minutes twice a week the group will walk and explore Rowan University's campus. The group's goal is to begin a daily routine of 10,000 steps a day.

#### Date:

**Sept. 15-Nov. 24**

**Time: T/TH 12:15 to 12:45**

**Cost: \$25.00**

**Location: Rec Center**

#### Why Join?

- Walking can help to decrease your risks for diseases
- Lunch in your office can be boring sometimes
- It's fun and motivating.
- You can socialize and make new friends.
- It can increase your commitment to exercising.

