

All across the America people are stepping up to active living and health eating. Come join IN.

Day of ACTION 2005

SEPTEMBER 28th 3 walks in Morgantown



10:00 am Health Sciences MORNING WALK BREAK
leaving from Ruby Memorial Hospital

NOON WALK-OUT-OF-WORK
leaving from Morgantown City Hall

5:30 pm AFTER-WORK WALK
leaving from the Radisson (waterfront)



OR...walk around the block, over the hill, to work, to shop; with friends, alone, at organized functions; on the sidewalk, a trail, a scenic country road. Park farther from your destination and get in a 10 minute walk. Walk around at your work place; take a "walk" break; have a "walking" meeting. Take your dog for a long walk, s/he will love it; get yourself a dog to walk. Call a friend and schedule a "walking" date. Take a short walk after dinner; before breakfast; 10 minutes at lunch time. Make comfortable walking a regular part of your holidays and YOUR LIFE. Walking a minimum of 30 minutes five days a week is great for your health and exactly what the Surgeon General recommends. Just walk. It's easy and so good for you, your mate, your friends, your kids, your grandmother and grandfather, aunts, uncles, and all your loved ones. Walk today. Take them along. Walk.

For more information: call 293-1728

