

Trail Blazers Fall 2007

What is Trail Blazers Fall 2007?

Autumn is a great time to walk. The temperatures are very cool and the colors of the trees are magnificent. Trail Blazers Fall 2007 is a walking campaign designed to:

- Guide you through the benefits of walking
- Help you incorporate walking into your daily routine
- Dramatically boost the amount you walk
- Inspire you to make walking a priority- in October and beyond
- Enjoy the outdoors and a beautiful time of the year

Wednesday Walks

Each Wednesday during the program at noon, there will be a group walk. The group walk will utilize the trails on campus and will change each week. This is a great opportunity to get one of your walks in for each week.

Weekly E-mails

Each week small fun facts and puzzles as well as walking information will be e-mailed to each participant. The e-mails are a great way to have a fun and exciting time both on and off the walking trails. If you do not wish to receive the e-mails, please let the wellness coordinator know at the beginning of the program.

Dates

The program will run for 4 weeks starting Oct. 15th and continuing to Nov. 9th.