

Healthy PSU First Sneaker Day & National Walking Day!

JOIN US FOR A WALK!
12:00 noon in front of the HUB

Wednesday, April 2, 2014



5 Tips for Walking Success:

1. Find a convenient time and place. Try to make walking part of your lifestyle, but be flexible!
2. Find a companion. You're more likely to stick with it if you have a buddy!
3. Wear comfortable, properly fitting sneakers!
4. Look for chances to be more active during the day. Take the stairs instead of the elevator or take a 5-minute walking break around your building.
5. Request a "PSU Walks" Workshop for your dept.
healthy-psu@plymouth.edu



NEW...

Designated sneaker days!

***The first Wednesday of each month:**

April 2, 2014	August 6, 2014
May 7, 2014	September 3, 2014
June 4, 2014	October 1, 2014
July 2, 2014	November 5, 2014
December 3, 2014	

*Meet in front of the HUB at noon and take a walk!

Note: If you've been sedentary for a long time, are overweight, have a high risk of heart disease or another chronic health problem, talk to your doctor before you start a walking program.

Want to know more?

<http://www.plymouth.edu/healthy-psu/>