



Helping Hoosiers get on their feet!

▶ **WANT TO IMPROVE YOUR HEALTH**  
*...but short on time ...and lack motivation?*

This **FREE**, email-based walking program has you covered!

**Sign up, walk, and get email support.**

**DETAILS**

**Starting date:**

You will receive a total of 16 emails – 2 per week for the first month, and 1 per week for the next 8 weeks.

**To sign up:**

**Register by:**



**WALK TO:**

- Reduce risk of obesity, heart disease, diabetes
- Feel energized
- Add daily physical activity
- Get social

**ALL FOR FREE!**



**For more information or to join us, contact:**