



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: