



# WALK FOR *WELLNESS*

Are you looking for a new fitness routine but don't know where to start? Join our Walking Campaign to exercise your Wellness rights. Trade your steps for free rewards by recording your steps on SharePoint. Walking is enjoyable alone or with a friend. All you need is a good pair of walking shoes, and the interest! Destination Wellness is just a few steps away...



**WALK WITH US!**

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**REGISTER ONLINE**

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**RECORD YOUR  
STEPS ON  
SHAREPOINT**

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**TRADE YOUR STEPS  
FOR REWARDS**

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**DON'T FORGET TO  
GRAB A FRIEND!**

**CSU, SACRAMENTO**

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