

HAPPY FEET

Walking Club



**Walk your way to
better health!**

Walking is a great way to build strength, energy, teamwork, and morale. Energize your workday by joining the Happy Feet Walking Club!

Happy Feet will meet every Thursday at 12:10 PM at the Hub on the Oxford campus. Walks will be 30-minutes in duration.

Make sure to wear weather appropriate clothing and a good pair of walking shoes! All fitness levels are welcome.

Walking provides many health benefits. Walking can improve flexibility and coordination, help to control body weight, improve mood and relieve symptoms of depression and anxiety, manage cholesterol and blood pressure, strengthen bones, and reduce the risk of chronic diseases like heart disease, stroke, type 2 diabetes, and some types of cancer.

**Begins
August 27th**

Meets every **Thursday**

12:10 PM at the Hub

**Contact EHWB to
join anytime!**

*Excludes Graduate Assistants
and student employees

**EMPLOYEE
HEALTH &
WELL-BEING**

Contact EHWB to join!

Employee Health & Well-Being
529-EHWB (3492)