



# Fall Walking Challenge

**Say “Yes” to walking for Wellness!**

**Join this fun walking challenge to improve your fitness level and have a chance to win a new pair of shoes or other prizes!**

**What:** A walking challenge that encourages Emory faculty & staff to get 150+ minutes of moderate intensity physical activity every week.

**Dates:** Monday, October 15, 2012 through Sunday, November 18, 2012.

**How to Participate:** Register online at <http://apps.hr.emory.edu/register/details.jsp?event=162>

**For more information:** visit [www.fsap.emory.edu](http://www.fsap.emory.edu) or call (404) 727-WELL

❖ **Grand prizes include a personalized shoe fitting and new pair of shoes from Phidippides (up to \$120 value).**  
[www.phidippides.com](http://www.phidippides.com)



**Faculty Staff Assistance Program**  
The Emory Wellness Center  
1762 Clifton Road, NE, Suite 1100  
Atlanta, GA 30322  
(404) 727-4328 or (404) 727-WELL  
[www.fsap.emory.edu](http://www.fsap.emory.edu)

