

THE HEALTH AND WELLNESS COMMITTEE



Who: Faculty and Staff
What: Holiday Walk Four-Week Challenge
Where: Meet outside Williams, Hamlin and Trinity Commons*
When: Monday, Wednesday, and Fridays
(Departs 12:15 from Williams; 12:20 p.m. from Hamlin and 12:30 from Trinity Commons)

Challenge yourself to walk every week!

Did you know that according to the American Heart Association walking could help you:

- Reduce your risk of serious diseases like heart disease, stroke, diabetes and cancer.
- Improve your blood pressure, blood sugar and blood cholesterol levels.
- Increase your energy and stamina.
- Improve your mental and emotional well-being.
- Boost bone strength and reduce your risk of osteoporosis.
- Prevent weight gain.

Join the fun and fitness beginning Monday, November 26, 2018 - December 21, 2018.

RSVP to human-resources@trincoll.edu

All attendees will receive giveaways and raffles done at the end to participants with high attendance!

***Walking route:** Depart from Williams Memorial at 12:15 p.m., arrive at Hamlin Hall at 12:20 for our first pickup, travel down Summit and take left on New Britain Avenue and pickup at Trinity Commons at 12:30, continue down New Britain Avenue, take left on Crescent Street, walk down Crescent Street, take left on Broad Street, walk on Broad Street take left on Vernon, continue on Vernon (end of walk for some), take left on Summit, back to Williams Memorial (walk ends for some); continue down the Long Walk arrive at Hamlin (walk ends for some); go through Mather Circle and follow Summit back to Trinity Commons. Loop is 1.6 miles and 30- 45 minutes depending on pace.