

# Middlesex College Walking Program

*Walk Your Way to Better Health*

Bring your sneakers and get ready to walk starting **September 20<sup>th</sup>**.  
Walking for 20-30 minutes with your co-workers can provide a  
**REFRESHING ENERGY BOOST!**

**Meet-Up Location: College Center** (Front entrance)  
**Date/Time: Every Monday at 12 p.m.** (Weather permitting)

We have walking routes for beginner and intermediate walkers.

**Walking 30 minutes a day, five days a week, can help you:**

Lower your risk for heart disease, stroke, and type 2 diabetes  
Improve weight management  
Increase your energy  
Relieve stress and improve sleep  
Increase productivity and boost creativity  
Strengthen your muscles and bones

Let's Move to Improve.  
Greater Health is Just One Step Away.  
Hope to See You on Our Next Walk!



**For more information, contact your on-site Wellness Coach, Deb:**  
**732 470-0021 or [dpatetta@wcusa.com](mailto:dpatetta@wcusa.com)**