Get Moving With National Start! Walking Day
April 7, 2010

What is National Start! Walking Day?

National Start! Walking Day is a nationwide call-to-action for Americans to start living a healthy lifestyle. Join others across the country as they wear their sneakers to work and pledge to start a healthier lifestyle as part of this annual event.

Join us for a 30 minute walk!

11:30 am ~~ 12:15 pm ~~ 1:00 pm

Locations:
The Quad: meet at the back of Candler Library
Lullwater Park: meet at the gates to Lullwater
1762 Clifton Rd Building: meet at the bus stop
Emory University Hospital Midtown: meet at the fountain between the Orr & Glenn Buildings

Emory Healthcare and Emory University recognized as a Platinum Fit-Friendly Company Recognition

A key element of Start!—the American Heart Association’s groundbreaking, new national movement that calls on all Americans and their employers to create a culture of physical activity and health to live longer, heart-healthy lives through walking—is the Start! Fit-Friendly Companies Recognition Program.

Designed to be a catalyst for positive change in American business, the program recognizes employers who champion the health of their employees and work to create a culture of physical activity in the workplace.