**APRIL 2010**

**TIP OF THE MONTH: Start Walking**

Why? Because heart disease is our country’s number 1 killer and we want WSU to be a healthy community! It’s as easy as exercising, *including walking*, for as little as 30 minutes each day to reduce your risk.

Come celebrate “National Start Walking Day” at the Mort Harris Recreation and Fitness Center on April 7th from 11-3pm. You’re welcome to join other Wellness Warriors for activities at the MHRFC and follow various-length walking paths we’ve created around campus. This is also a great time to visit the facility and learn what it has to offer. You can create your own walking club with other Wellness Warriors that attend “National Start Walking Day”!

To get going, visit
http://startwalkingnow.org

This website is extremely user friendly and motivational. The green “Tracker” tab provides a tool to keep track of your physical activity and nutrition. Also use the “Walking Paths” tab to find a walking path in your area!