#WALKCWRU

In this month long challenge, faculty, staff and students are encouraged to intentionally walk more each day with a goal of averaging 10,000 steps each day. Here is what you do:

1. Register for #WalkCWRU by October 3, 2018.
2. Track your steps with a fitness wearable, the step counter on your smartphone or a traditional pedometer
3. Fill in your log
4. Strive to walk a little more each day
5. To be eligible for one of FIVE weekly prizes like wireless headset and Bluetooth water bottles, submit your log each Monday
6. Join us for group walks or walk on your own
7. Send your completed log in by November 5th.

For more information and to register visit: https://bit.ly/2xrgpFb