

# *National Employee Health & Fitness Day 500 Mile Employee Walking Challenge*

**Wednesday, May 21, 2008**



To participate in the National Employee Health & Fitness Day 500 Mile Walk:

1. Visit [www.udel.edu/wellness](http://www.udel.edu/wellness) and choose a walking route **OR** join the Wellness Center Staff for a one-mile walk on the Green at 10:00 a.m., 12:15 p.m., or 5:15 p.m.
2. Walk as many miles as you can on Wednesday May 21st.
3. Log your miles on the form below and return it to the Wellness Center by Tuesday May 27th to be entered to win a walkers gift basket.

A list of exciting new walking routes around campus will be posted on our website beginning May 19th and bottles of water will be provided during our 3 one-mile walks on the green.

*To register for the FREE walk, please visit  
[www.udel.edu/healthyu](http://www.udel.edu/healthyu) or call 831-8388*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Department: \_\_\_\_\_

**For National Employee Health and Fitness Day,  
I walked a total of \_\_\_\_\_ miles to help reach a  
UD Employee goal of accumulating 500 miles.**

Submit this form by Tuesday, May 27th to be eligible for the prize drawing.

