

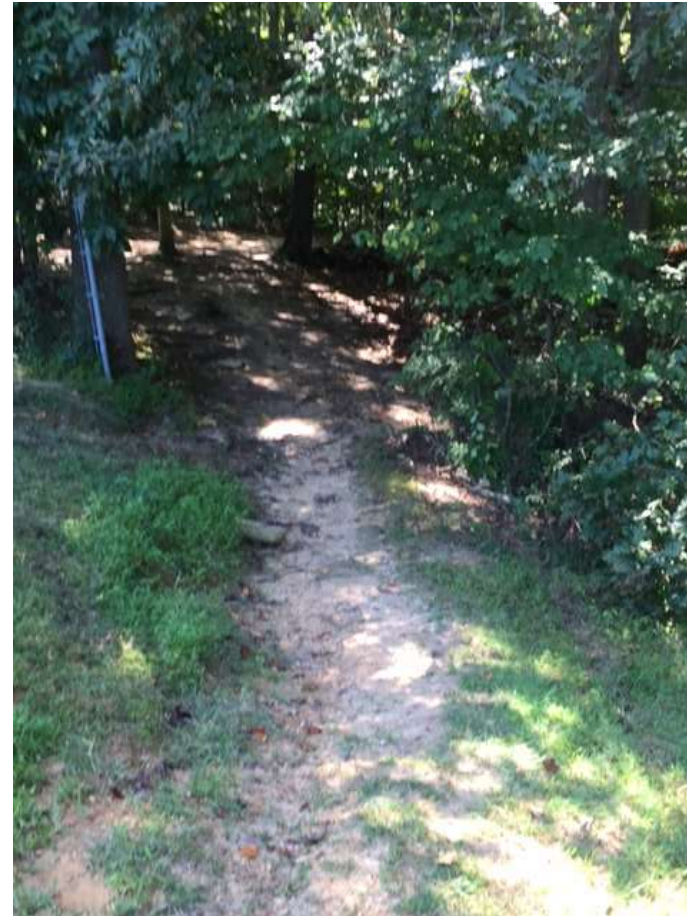
Walking Wellness

- **Walking leads to a longer life**
- **Walking lightens mood**
- **Walking can lead to weight loss**
- **Walking strengthens muscles**
- **Walking improves sleep**
- **Walking gives you energy**
- **Walking makes you happy**
- **Walking can be social**



**What will we do in Walking
Wellness?**

Trail Walking



What we find on Trails

Mushrooms



Spider Webs



Mud



Hills



Shoes will get dirty.



The Awesome Brand new Track



All around Campus



Frisbee Golf





森森
Orienteering



Quick Response Readers Scavenger Hunt



Map making



