



# Let's Get Moving!

## U of L Winter Walking Challenge

The U of L Wellness Committee wants to see U get moving this year! Join us in the January Walking challenge where your challenge is to walk two on-campus routes (one indoor and one outdoor) a week for two weeks. The challenge will then go out with a bang with an outdoor walk for winter walk day.

Challenge participants who complete **all five** walks will be awarded an additional 10,000 points in the 2017 Bee Amazing Race! Check off the walks on the below checklist and jot down a few thoughts on your walk, then submit this form back to [wellness@uleth.ca](mailto:wellness@uleth.ca).

Download your copy of the [U of L Campus walking routes](#), and bring your warm clothes!

### Week 1 - January 17-23

Complete?	Route	Date Complete	Notes about the walk
	Coulee Trail (outdoor)		
	U-Hall 8 <sup>th</sup> Floor (indoor)		

### Week 2 - January 24-31

Complete?	Route	Date Complete	Notes about the walk
	Residence Loop (outdoor)		
	Coffee Loop (indoor)		



## Winter Walk Day

February 1, 2017

Join **President Mike Mahon** at Aperture Lake at 12:10 p.m. for Winter Walk Day. You must complete this walk to complete your challenge checklist.

Complete?