



**Employee Fitness...It Makes a Difference!
Take a 15 minute walk.**

It's National Employee Health & Fitness Day!

Date: Wednesday, May 21, 2008
Time & Location: Your choice!

Take some time for you! Encourage a colleague or perhaps your entire department to take a walk at any point on May 21st. Explore your campus or the neighborhood nearby. Regular exercise is good for your mind and your body!

So c'mon Mason! Let's stroll for the goal ... a healthier you!

After you complete your walk, send an email to hrtrain@gmu.edu with your name and G number and receive a carabiner key chain courtesy of CommonHealth.