

WALK IN'



Wellness by Mason's **INDOOR WALKING** **Program**

Be on the *MOVE* even during inclement weather
with **Mason's INDOOR WALKING Program,**

WALK IN'

**Buildings on each campus have been measured
for mileage.**

Go to <http://wellnessbymason.gmu.edu/>
to download the **STEPS/MILEAGE CHART**
for the building closest to you.

Got Questions? Contact Work/Life
703-993-2604 or worklife@gmu.edu

Mason Walk In' supports the initiatives of the [Quality of Work Life Task Force](#).