

PENGUIN WELLNESS WALKERS



YSU's Employee Wellness Program Living Well will be offering a 6 week walking program this fall. This program will help assist faculty and staff in meeting the criteria for physical activity for health benefits recommended by American College of Sports Medicine (ACSM) and the American Heart Association (AHA). **According to both the ACSM and the AHA 30 minutes of moderate intensity exercise 5 days a week for a total of 150 minutes will overall benefit your cardiovascular health.** Thirty minutes a day, five times a week is an easy goal to remember and we are trying to develop those daily habits for you!

Please join the Penguin Wellness Walkers **on Tuesdays and Thursdays** between **11:30am - 1:00p** to walk at the **WATTS indoor track** beginning **October 10 through November 16**. Feel free to come anytime and walk for as long as you want during the time frame. **You will just need athletic shoes and something comfortable to exercise in!**

Wellness Intern, Anthony Lariccia will lead the employee walks. Anthony will be lead in the walks as well as passing out information on exercise, nutrition and general health information weekly. **Employees that participate will be entered into a raffle drawing at the end of the program for a chance to win a \$25 Dick's Sporting Goods Gift Certificate (2 cards will be raffled).** There may also be random give aways, so don't miss your chance to win and also to get your recommended exercise in! Each time you participate in our program your name will be entered into the drawing at the end of the program. **Employees can earn 2 Incentive Earning Points per walking program day.** (12 days total x 2 points a day for a possible 24 points!)

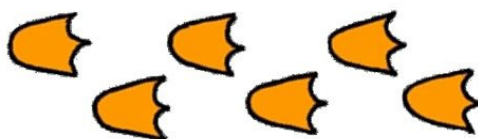
Registration information: Interested employees should register by going to wellness.ysu.edu.

For questions contact Anthony Lariccia, Wellness Intern at ajlariccia@student.ysu.edu or Carrie Clyde, Wellness Coordinator at (330)-941-3360 or crcl Clyde@ysu.edu. Also listed below

Please view <http://www.ysusports.com/information/facilities/WATTS-information> for additional WATTS Center Information and hours

ANTHONY LARICCIA

Wellness Intern



CARRIE CLYDE

Wellness Coordinator



Where: Watson and
Tressel Center
Youngstown, Ohio



Carrie Clyde Phone:
330-941-3360



E-mail: crcl Clyde@ysu.edu
or
ajlariccia@student.ysu.edu