

WALKING TOWARDS HEALTH

You and your eligible dependents are invited to "virtually" walk with fellow retirees of the San Antonio Fire and Police Departments for a 5-week walk-a-thon. Once completed, you will have walked approximately 37 miles.

5-Week *Virtual* Fall Walk-a-thon

for members of the Fire & Police Retiree Health & Wellness Fund.

Coordinated by your Health by Design Wellness Clinic Care Navigation Service.



5 Week Program
OCT. 5 - NOV 7

Use the schedule below to track your progress.
30 min = 1.5 miles.

Weekly Check-ins
MONDAYS @ 10AM

Connect with fellow walkers via the Zoom app on your phone before your Monday walk.

Register On-line
FREE TO PARTICIPATE

Learn more and sign up at healthbydesign.com/walk.

Finisher Swag Bag
PICKUP NOV 13TH, 10-NOON

Curbside gift-bag pick-up @ the Northwest Center for all finishers.

YOUR WEEKLY WALKING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
WEEK 1 OCT 5 - 11	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	Rest	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	Rest	150 min
WEEK 2 OCT 12-18	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	Rest	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	Rest	150 min
WEEK 3 OCT 19-25	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	Rest	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	Rest	150 min
WEEK 4 OCT 26-NOV 1	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	Rest	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	Rest	150 min
WEEK 5 NOV 2-7	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	Rest	<input type="checkbox"/> 30 min	<input type="checkbox"/> 30 min	Rest	150 min