

Want more face time with your boss?



Go for a walk together!

Walking:

Builds and maintains
healthy bones, muscles, & joints

Helps with **weight control**

Develops *lean muscle*

Decreases *symptoms* of anxiety
& improves your mood!

Take Charge of Your Health



Sedgwick County...
working for you

• Sedgwick County Health Department •

For more information on

worksite wellness

or starting a walking program,

call the Sedgwick County Health Department at
660-7350 or visit www.sedgwickcounty.org.