



Walking Group

Join the *Berkeley Walks* Walking Group!

Meets every Mon, Wed, and Fri at 12:10 pm at the Campanile

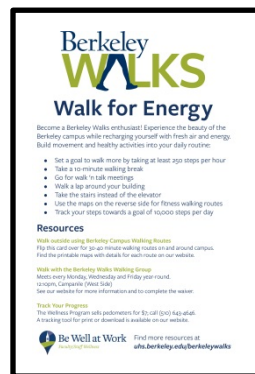
The *Berkeley Walks* Walking Group helps you fit fitness into your workday with a walk led by volunteer staff Walking Leaders, accommodating all levels of fitness walkers, from moderate to brisk. Enjoy the benefits of social support, stress relief, and renewed energy. **See the website to complete the online waiver prior to attending your first walk.**

Walking Tools



Pedometers

- A great tool to help you strive for 10,000 steps a day!
 - Available for purchase from the Be Well at Work – Wellness Program.
- To purchase, call (510) 643-4646 to schedule a pick up time.
- \$7 (less than half of retail price), cash or check made out to UC Regents.



Walking Route Card

Walking maps, tips, step trackers (paper or online), and referrals at uhs.berkeley.edu/berkeleywalks

Be Well at Work – Wellness Program

Campus partners: Be Well at Work – Faculty/Staff Health Programs, Office of Environment, Health & Safety, Office of Human Resources, Physical Education Program, and Recreational Sports.

uhs.berkeley.edu/wellness



Be Well at Work
Faculty/Staff Wellness