



The Aggie Walking Club

... meets every Wednesday @ noon.

We start our walk on the Fieldhouse Track, and then continue around our beautiful USU campus (weather permitting). Wear comfortable shoes and clothing. Come for the exercise, for conversation, to relieve stress, or to enjoy some fresh air. All fitness levels are welcome.

Earn an “Aggie Walking Club” t-shirt after 10 walks with us.

For another bonus, employees document their progress, and earn points towards cash prizes.

Log onto: www.MyRegence.com and start walking your way towards wellness. Go Aggies! Be Well!

