

New County Employee Walking Path

On behalf of the Spartanburg County Employee Health Clinic, we would like to introduce a new and exciting walking program called **START!!** In an effort for better health for all County Employees, a walking path was created in the lower level of the Administration Building. If participation is high, we will expand it to other buildings within the County. Be sure to watch for the new Outdoor Paths coming soon!

Come check out the new Employee Walking Path in the lower portion of the Administration Building!
Available for use starting February 21st 2011

***Convenient, safe, and indoors!**

***Walk 6 times around the path = 1 mile**

***Instructions:** In order to participate, please sign up on the sheet located in the Employee Exercise Room (County Gym). You only need to put what department you work in and the time you walked. Read and sign the Medical Release Form (PAR-Q) prior to walking and check with your doctor to before you **START!**

Want to be a Team Leader? Get a group of four together and keep track of your progress...set it up how you want, incentives may follow!

(Examples)

- >How many miles walked in a week?
- >How fast can you walk the mile?
- >How many of you walked 30 minutes/day all week?

American Heart Association's **Life's Simple 7**: *Get Active *Control Cholesterol *Eat Better *Manage Blood Pressure *Lose Weight *Reduce Blood Sugar *Stop Smoking

If any questions, call Luann Lester RN at the Clinic 864- 562- 4440