



# Redefine lunch **on the go.**

**Time:**

**Date:**

**Starting location:**

**Walking route:**

**For more information,  
contact:**

**Join a workplace walking group with your co-workers and add a healthy bounce to your step.**

Walking can help you lose weight, fight stress, raise your energy level, and more. And exercising with others can help you stay motivated and develop healthy habits that last.

So don't work through your lunch hour—work out instead. Join the workplace walking group today.

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