

JSC Wellness Walks

September through May

On-site

[Walking Map](#)

- ❖ Starts September 25th
- ❖ Sept-May, Tuesday and Thursday at 11am
- ❖ Meet at B11 cafeteria
- ❖ Inclement weather/cancellations and details:
281-483-0302, [Email](#)

Ellington Field (EFD)

- ❖ Starts September 27th
- ❖ Sept-May, Thursday at 10:30 am
- ❖ Meet at H135 South
- ❖ Inclement weather/cancellations and details:
281-244-9642, [Email](#)

Take that first
big step...

then take
another,

Before you know it, you've
gone for a walk!



Track your walking on line with
My Fitness Solution

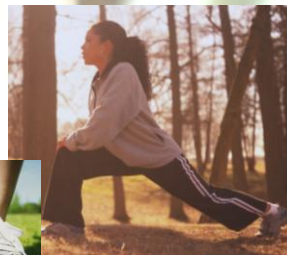


- ❖ Must be registered at the Mayo Clinic website
[How do I register with Mayo?](#)
- ❖ Compares you to national standards
- ❖ Log each week for 6 weeks and get 5 points in the Rewards Program
- ❖ How do I use My Fitness Solution (MFS)?
 - Log into the [Mayo Clinic website](#)
 - Click on the MFS logo
 - Answer questions to establish your baseline
 - Set your goal
 - Track weekly online



Remember to
stretch!

Wear
sensible
shoes.



Have some fun &
Stay on track...

