

JSC Wellness Walks

September through May

On-site

[Walking Map](#)

- ❖ *Kick-off Sept 21, 11am at B11 Gift Shop*
 - ☺ *Prizes available while supplies last!*
- ❖ Sept-May, Tues and Thu at 11am
- ❖ Meet at B11 cafeteria
- ❖ Cancelled during inclement weather
- ❖ Contact 281-483-6770 for details and cancellations

Ellington Field

- ❖ *Kick-off Sept 22, 11am at H135 South*
 - ☺ *Prizes available while supplies last!*
- ❖ Sept-May, Every other Wed at 11am
- ❖ Meet at H135 South
- ❖ Cancelled during inclement weather
- ❖ Contact 281-244-9832 for details and cancellations

Remember to
stretch!

Wear
sensible
shoes.



Have some fun &
Stay on track...

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

