



**Dust off those sneakers!
Take the first step to
creating a healthier business.**

Healthier you = Healthier Business

Join us for a walk in the morning to get
your day started right!!

*I-Pod Raffle
each morning!*

We want you to know®



*Water Bottle and
Pedometer for
everyone.*

When: Friday, Aug 1st and Saturday, Aug 2nd

Where: Hilton Hotel lobby - Downtown Austin

Time: 6:30 am

The walk/run is about 1 mile, should not take more than 30 minutes to complete. For those of you that exercise more frequently you might want to go for seconds!

Water Provided by :
Coca-Cola

Fruit and Yogurt provided by :
Wal-Mart & Sam's Club

