

July 15, 2011



Live Well

## **Walker Tracker ALERT: One-Day Walking Event**

On Wednesday, July 20, any Walker Tracker participant who walks **10,000 steps** that day will get a special prize -- a LIVE WELL wristband.

Your steps must be entered into the Walker Tracker system no later than 5 p.m. on Tuesday, July 26, in order to be eligible for the prize.

Experts say 10,000 steps is the optimum amount to walk each day. Can you kick it up a notch on July 20 and meet this one-day goal?