

# Why walk? *For the health of it!*

**Register or re-register for HealthPartners 10,000 Steps® today!  
Open to new and previous participants.**



*Burn calories  
Control blood pressure  
Decrease cholesterol  
Exercise  
Get fit  
Halt bone loss  
Increase your metabolism  
Lose weight  
Minimize stress  
Promote well-being  
Quit being sedentary  
Relax  
Unwind  
You'll live longer*



# 10,000 Steps® Program

*Count on feeling great!®*

- motivation to move more
- receive a free pedometer
- get e-health tips

Join now at: [www.wellness.umn.edu](http://www.wellness.umn.edu)

Promotional code for University employees: **ustep08**

Track 28 days of physical activity within a period of eight consecutive weeks.  
Convert all kinds of physical activity to steps. Make every move count!



UNIVERSITY OF MINNESOTA