



EVERYBODY WALK ACROSS PENNSYLVANIA

GET OUT AND WALK AT A TIME AND PLACE CONVENIENT FOR YOU.

Walk individually or contact your family, friends, or coworkers to join Everybody Walk Across Pennsylvania. You can walk as an individual or form a team of up to five. Even your dog can be a member of your team! This is a virtual walking program, so you may walk wherever you choose—around the park, around your house, or around your neighborhood!

IT'S EASY!

Each person will try to average walking or exercising 10 miles per week for a total of eight weeks. Walk with your team or on your own, at a time and place convenient for you.

Weekly emails will include motivators to keep walking and strategies for healthy eating. Each week, individuals and team captains will report the total number of miles walked.

UPCOMING PROGRAM:

April 11 through June 6

Week 8 mileage will be reported on June 6.

There is no cost for this program.

Registration deadline is 8:00 a.m. on March 25.



SIGN UP TODAY.

extension.psu.edu/everybody-walk-across-pa

For assistance with registering for classes or to register by phone, call 1-877-345-0691 between 8:00 a.m. and 5:00 p.m., Monday through Friday.

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