STATION MILE:

Step-Up Launch Event

Tuesday, October 1st • 12 pm • Healthy snacks

Meet outside at OMAFRA Demo plots. You can walk, run, gallop or skip your way around the mile plus loop. No sign-up necessary. Everyone welcome!
STEP-UP

Challenge

September 29\textsuperscript{th} to November 2\textsuperscript{nd}

- Log your steps each week and report to rriddle@uoguelph.ca.
- Use your own device (phone, Fitbit, Garmin, Samsung etc.) or pedometers can be provided if requested
- Prizes for winners in two working-type categories:
  1. Outdoor/Physical or 2. Office
- Sign-up below or email Rachel @ rriddle@uoguelph.ca
- Everyone welcome (not just UofG employees)
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