

**OCTOBER
IS HEALTHY
WORKPLACE
MONTH**



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!



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STEP-UP CHALLENGE

September 29th to November 2nd

- Log your steps each week and report to riddle@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 @ riddle@uoguelph.ca
- Everyone welcome (not just UofG employees)



