

Summer of Wellness



"I WOULD WALK 500 MILES..."



JULY CHALLENGE

Though the Proclaimers were willing to walk 500 miles and then 500 more, we are only challenging you to walk 10,000 steps per day. Instead of taking the elevator, take the stairs to get up to your daily goal.

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Submit for prizes by emailing a photo or scan to knews@ketteringhealth.org
Find more info at knewsmobile.com

YOUR NAME: _____