

# Guided Walks



Break up your day with a walk break! This walk is for everyone at any level and includes a warm up, drills that gradually increase in intensity, stairs or hills if possible, and a cool down with stretches. During the walk, participants will learn the benefits of walking, good form, proper footwear, ways to increase intensity and other healthy tips.

## 2024 Dates:

- July 24
- August 21
- September 25

## Time:

11:45 a.m. – 12:15 p.m.  
and 12:30 – 1:00 p.m.

## Location:

Meet at City Hall 1st Floor Rotunda

Dress for the weather. If raining, the walk will be held inside.

## Healthy Reward Points:

Earn 5 Healthy Reward points for each walk.

Make sure to sign in with Coach Kim on the day of event in order to receive Healthy Reward points.

To register, log into the wellness portal at [www.workforcehealth.org/cityofmilwaukee](http://www.workforcehealth.org/cityofmilwaukee) and locate the “Healthy Rewards Program” heading. Select “Schedule Onsite Health and Wellness Programs”



Workforce Health