



# WALKTOBER

National Walking Month

Onondaga County Employee Wellness Program



**Cool temperatures...**

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# Spectacular colors...

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The perfect time  
to step outside

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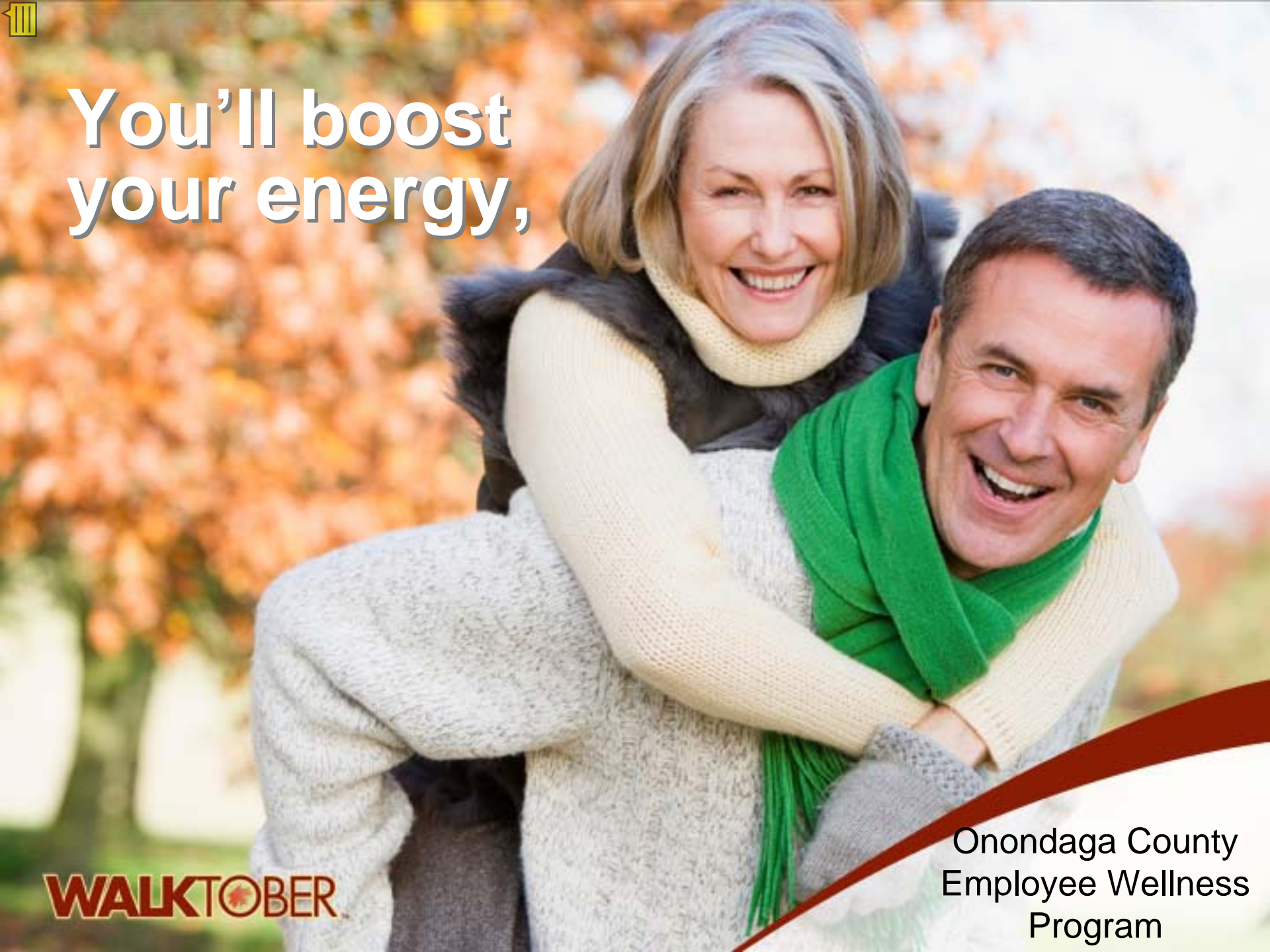
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A person is walking away from the camera on a paved path that winds through a forest. The trees are in full autumn foliage, with leaves in shades of bright orange, red, and yellow. A black metal fence runs along the left side of the path. The person is wearing a white t-shirt, light-colored shorts, and a dark jacket or sweater draped over their shoulders. The overall scene is bright and colorful, suggesting a pleasant day for a walk.

**And step up to  
better health**

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A photograph of a middle-aged couple embracing in a field of autumn leaves. The woman, with short grey hair, is wearing a white turtleneck sweater and a dark vest. The man, with short dark hair, is wearing a white sweater and a green scarf. They are both smiling broadly. The background is a soft-focus field of orange and yellow autumn leaves.

**You'll boost  
your energy,**

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**Lift your  
outlook,**

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**And improve your fitness —**



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**With this fun, 31-day  
walking program.**

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A woman with dark hair, wearing a light green top and tan pants, is sitting on a brown couch. She is smiling and looking towards the camera while holding a notebook on her lap. The background shows a window with some greenery outside.

**Log your daily  
exercise minutes  
or steps;**

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A close-up photograph of a person's feet wearing pink rubber boots with blue star patterns, stepping on a thick layer of brown autumn leaves. The background is a soft-focus field of similar leaves.

**The goal: 30-60 minutes  
or 6000-10,000 steps  
per day.**

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**Join your co-workers**

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A person wearing a blue jacket, blue jeans, and a brown hat is captured mid-air, jumping in a forest. The trees have vibrant yellow and orange autumn leaves. The ground is covered in fallen brown leaves. The person's arms are outstretched, and their legs are bent in a jumping motion.

**Or go it alone.**

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**Build a fitness habit  
that lasts.....Through  
October – and beyond.**

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# Ready?



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**Take strides toward  
better health starting  
now.**

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**To Register:**

**Contact: Dulce Fernandez at 435-3897**

**or respond to this email**

**Cost is Free**

**Raffles, prizes, and games along the way.**

**All participants will receive a free set of recipes from  
the Walktober collection of Comfort Foods Made  
Healthy Cookbook.**

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