



Join the.....→→ movement Walk !.....→

Heart disease is America's number one killer. We can change that. The City of San José has adopted the American Heart Association's Start! Walking program to get City employees walking. At work. At home. Anywhere. It only takes 30 minutes a day. Challenge co-workers, challenge other departments, challenge yourself. You'll decrease your risk of stroke, reduce your bad cholesterol, and lower your blood pressure. So take time to walk. At lunch. During breaks.

1st Department Challenge session begins Monday, March 2nd & ends Friday, March 27th, 2009!

For additional details, visit the H.R. Benefits Wellness page at www.csj.gov to view the following supporting documents:

- [Walking Program General Overview](#)
- [Participant Registration Information](#)
- [Winter Walking Guide](#)

Got questions? Please e-mail: WellnessIn-Box@sanjoseca.gov

