



CREDO
Walk and Be Well



Take a Big Step forward! Sign up today for
CREDO's Walk and Be Well

Walk and Be Well emails begin September 30. October 1 is your first walking day!
Open to all fitness walkers, beginner through experienced.

- Four weeks of reflections in text and audio written by CREDO faculty members
- Motivating messages promoting wellness of body, mind, and spirit and the multi-faceted benefits of walking
- Delivered by email each morning for reading prior to walking or for listening as walkers begin their exercise
- Perfect for solo walkers as a meditation or as a conversation starter in a walking group
- Pre-walking resources for beginning a safe and effective fitness program
- Available by email, podcast and on the CREDO website

Sponsored by CREDO, supporting a holistic approach to health and wellness in the Episcopal Church

Subscribe today to Walk and Be Well.

Visit <http://episcopalcredo.org/wellness/health-resources/walk/>



Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional.