



People who
walk approx

20-30 miles

outlive those that don't
by several years.

Walking 20
minutes daily burns

**7 pounds
of body fat**

per year.

GET YOUR STEPS IN!

Active For Work Contest

Participation Rules

- Open to CNC staff and faculty on all six campuses
- You will be rewarded for exercising for at least 30 minutes, either before or during work
- Participation will be tracked on a weekly log sheet, on each campus
- The contest will run for the month of September

Prizes

- Participants will be entered into four weekly and one monthly draw for prizes

For More Information

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College
of New
Caledonia

CNC