

“Walk Yourself Healthy”

Become a part of the Minges Mile Walk Club



Minges Mile Walk Club (MMWC) Guidelines

- 🕒 Member of the Minges Wellness Center
- 🕒 MMWC participants will be recognized at the following mile club markers:
 - 100th mile, 250th mile, 500th mile, 750th mile, and 1000th mile.
- 🕒 Name recorded on the MMWC wall board for each mile marker reached.
- 🕒 Receive a free MMWC t-shirt at each mile mark achieved. Walk more miles...receive more prizes.
- 🕒 Acceptable activities to log your miles are:
 - walking laps on the indoor track
 - walking on the treadmill
 - walking to the MWC walk videos
- 🕒 Miles will be logged in the MMWC notebook located at the check-in counter. Blank log sheets available in the notebook. No registration necessary... all you have to do is complete a log sheet. Walk at your own progress level.
- 🕒 Inform any Minges Wellness Center Staff when you reach a mile marker.