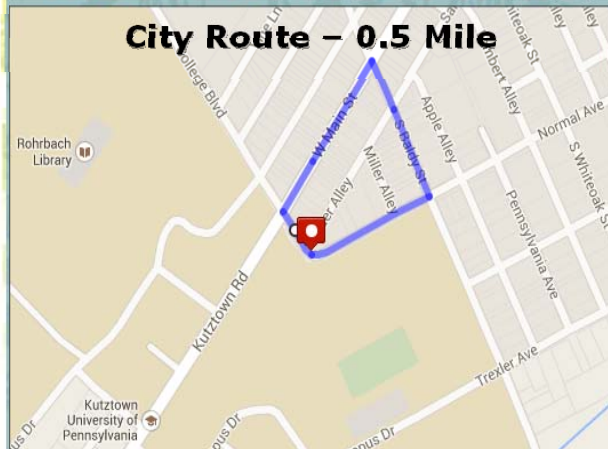
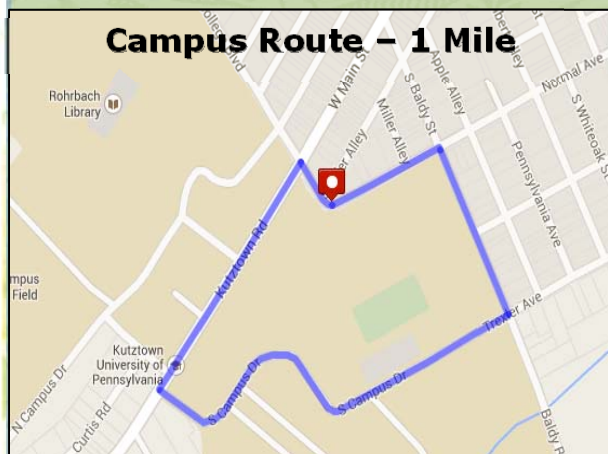


THE 3Cs ROUTE OPTIONS

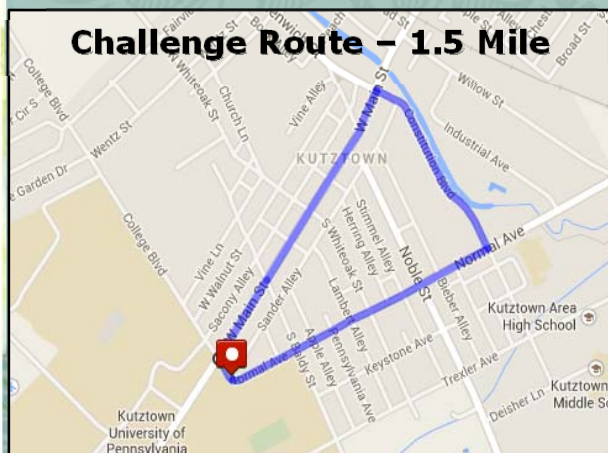
City Route – 0.5 Mile



Campus Route – 1 Mile



Challenge Route – 1.5 Mile



EXERCISE DISCLAIMER

Always consult a qualified medical professional before beginning any exercise program.



Human Resources

Kemp Building

Phone: 610-683-1353

Fax: 610-683-4641

Email:

humanresources@kutztown.edu

Website:

<http://www2.kutztown.edu/hr>

► [Benefits](#)

► [Health Initiatives](#)

► [Health and Wellness Program](#)

WALK 'n TALK Program

THIS IS THE WALKING PROGRAM
SPONSORED BY
KUTZTOWN UNIVERSITY'S
DEPARTMENT OF HUMAN RESOURCES.
SO GRAB A CO-WORKER (OR GO IT ALONE
IF YOU PREFER) AND ENJOY A WALK
AROUND OUR BEAUTIFUL CAMPUS!

When you first sign up with Human Resources



You will receive a pedometer to count your steps, which you can convert to miles once you have walked the track or a pre-mapped route and know the number of steps you average in a mile.

Don't forget KU Walk 'n Talk is alive and well!



How do I join?

Sign up with the Department of Human Resources at

<https://www.surveymonkey.com/s/hnw16>



How do I log the miles I walked?

Progress is tracked through miles. You need to log the number of miles you walk each day at

<https://www.surveymonkey.com/s/WNT2016>

How does the mileage count?



As long as your walk starts and ends at the campus, the mileage can be counted toward your progress.

Is this program only for during lunch time?



NO! You can walk during lunch time or before or after work. Please keep in mind in order for the mileage to count, your walk must start and end at the campus.

You will receive a Walk 'n Talk sling bag.

When you reach 50 miles



For employees covered under the PASSHE Health Care Group (Faculty, Coaches, Managers, SPFPA & OPEIU) the KU Walk 'n Talk program is qualified as an Employee Sponsored Custom Program worth 25 points for the Healthy U! Once you reach 50 mile mark you are considered to have "completed" the program and qualify for the points!