Walk UNH

Date	Where I walked	Steps	Total Steps	How I feel
9/1/09	College woods	250	250	Glad I went for the walk.
9/2/09	Downtown to Horse Stables	450	700	I love being around horses!
		TOTAL:		

For more information on walking and health, contact the Office of Health Education and Promotion, UNH Health Services
(603) 862-3823 | Health Services, Room 249 | www.unh.edu/health-services