



Interested in taking a **first step toward a healthier lifestyle** but not sure where to start?
 Already lead an active lifestyle but want to **connect with your colleagues and peers** around health topics?
 Looking for a great health based **activity for your dorm floor or class**?
 Just like to **walk or run**?

The Webster University Wellness Committee and Webster Staff Alliance is inviting all students, faculty and staff to participate in the WU sponsored “Mile-by-Mile Marathon” event brought to you in partnership with Go! St. Louis.

WHO: For staff, faculty and students at ALL levels of fitness

WHEN: March 1 – April 5

PROGRAM COST: \$5.00 per participant

WHAT PARTICIPANTS WILL DO:

- Cover the distance of a marathon (26.6 miles) within the **six week time period**
 - Participants may choose to walk or run
 - The goal is to increase your activity level by consciously covering the distance outside of your daily activities
 - Go! St. Louis will provide 2-3 mapped courses at the main campus that you can walk in between classes or during your break
 - If you aren’t located at the main campus you can still participate using the online tracking software and participate in the lunch and learn sessions via live-stream!
- Participate in a brown bag “Lunch and Learn” series with **fitness professionals and experts:**
(NOTE: All dates are currently tentative and subject to change)

March 1	Kick-off event! Come learn about our on-campus walking paths and the online tracking system
March 9	Lunch and Learn Brown Bag on proper Footwear and Apparel with St. Louis’s own Big River Running Company
March 16	Lunch and Learn Brown Bag on Injury Prevention with Chief Practitioner and Owner of the Saint Louis Injury and Rehabilitation Center, Dr. Bill Cragg
March 22	Lunch and Learn Brown Bag on Nutrition with registered and licensed dietitian and certified personal trainer Emily Bailey and regular “John Brown’s Mindset” guest, Jennifer McDaniel
March 29	Lunch and Learn Brown Bag on the Benefits of Exercise with KSDK Channel 5 fitness expert Gina Pona-Norton and certified strength and conditioning specialist Jay Siefert
April 5	Closing Ceremony! All participants that have met their goal of 26.6 miles will receive a medal, t-shirt and certificate of completion

So mark your calendars early and plan to attend! If you are interested in participating and would like to be contacted when registration opens please provide us with your information here: <http://bit.ly/uV7tdp>

Sponsored by the Webster University Wellness Committee and Webster Staff Alliance

