



# TREAD'N MILES

♥♥♥ For a Healthy Heart ♥♥♥

## ATTENTION

Team Competition!

**Recognizing Healthy Heart Month**

**Starting Feb. 5<sup>th</sup> –Feb. 16<sup>th</sup>, 2018**

at your Employee Fitness Center

**Sign up at the front desk today!**

### Competition details:

- Two people per team.
- Miles logged through treadmill walking or running, stationary bikes, rower, GX classes, ellipticals and Versa Climber.
- Grand Prize awarded to the first place team.
- Heart Healthy participation prizes awarded to all employees actively participating.

*For more information, please contact your Employee Fitness Center at  
470.578.6770*

*Or [efc@kennesaw.edu](mailto:efc@kennesaw.edu)*

*<http://employeewellness.kennesaw.edu/>*