



FAQs: *Walk on Wednesday*

Why walk?

Walking is an exercise that can be achieved by most people, regardless of age or fitness level. Walking has been proven beneficial for your brain, your bones, and overall cardiorespiratory fitness. It is also an easy way to take a break from your job, enjoy the sunshine and fresh air and maybe even a conversation or two with friends conveniently located near your work space.

Why do I need to register?

It is a one-time only registration and is designed to make attendance and mileage record keeping easier for the walk/group leader. Your area leader will have your name on a list each week. You just sign in and start walking.

How much time and how far is the walk?

That is totally up to you and your walking partners. Everyone has a different amount of time, endurance and pace. The goal is to find a group that fits your needs and you enjoy walking with! It is also a good idea to walk at a pace that is ideal for you physically.

Are there walking maps?

Yes, for your convenience you can find maps on the Healthier U Web site for indoor and outdoor locations across the Stony Brook Campuses.

How do I volunteer to be a walk/group leader?

If interested in volunteering, mark the registration form or contact Diane.Henry.1@stonybrook.edu. Please make sure to indicate your working/walking location.

Can I participate even if I cannot walk at noon?

ABSOLUTELY! Complete registration and simply be sure to contact your group leader each time you have completed your weekly walk.

Do we walk in bad weather?

Yes, if there are still walkers who want to participate there are indoor walking locations available on campus. Group leaders can help you locate one or go to: www.stonybrook.edu/sb/healthieru/maps.html.

Are there incentives?

Besides the reward of a healthier YOU, there will be Healthier U merchandise rewarded based on participation levels (ie. 6, 8, or 10 instances of walking per season).