



XAVIER UNIVERSITY OF LOUISIANA
Counseling and Wellness Center

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To: Interested Walkers

From: Cedric Keys, Counselor
Xavier University Counseling and Wellness Center

Subject: Xavier University Walking Club

Thank you for your interest in the Xavier University Walking Club. This is an opportunity for you to develop a healthy lifestyle that you can maintain throughout your life. There are many health advantages to regular walking; a few very important ones include:

- Cardiovascular conditioning
- Weight maintenance
- Controlling health related conditions
- Controlling stress related illnesses

In addition to the above, the Walking Club offers opportunities for:

- Group motivation
- Collegial socialization
- Being a role model for students, staff and faculty
- Purchasing a walking club T-shirt (optional)
- Opportunity to win individual/group prizes
- Monthly emails relating to healthy walking
- Weigh-ins in the Counseling Center (optional)
- End of semester luncheon
- Free pedometers
- Become a vital part of Wellness Week

To become a member, you must complete and submit the following to the Counseling Center:

- Walking Club registration form
- Release from liability Form
- Personal/Group walking club score sheet
(submit monthly)

LET'S GO WALKING XAVIER