

NATIONAL RUN@WORK DAY



When: September 18, 2009

Why: To encourage Americans to incorporate at least 35 minutes of running or walking into their daily routine to improve their overall health and fitness.

Call to Action:

Visit the RRCA website at www.RRCA.org/programs/runatwork for information about hosting a Run@Work Day event in your town.

Lead by example to combat the national inactivity crisis!