

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, and learn how to get FREE Run@Work Day promotional posters.

If adults can lead by example, if companies can encourage healthy living, then together we can combat the national inactivity crisis gripping our nation and our children.

