

HOLD YOUR NEXT MEETING ON THE GO!

*Get more out of
your meetings!*



**Busy life? No time to exercise?
Hold your next meeting while walking!**



Brought to you by the
Brenau Wellness Committee

WALKING MEETINGS:



Increase productivity



Improve energy and engagement



Promote better communication



Oh yeah, and it could save your life!

According to researchers, just 30 minutes of walking each day can lead to a dramatic reduction in the risk of dementia, breast, and colon cancer, and heart disease. If that's not reason enough for taking your meetings for a walk, then I don't know what is.