

# Walk This Way - Walking Club

## Congratulations Susan Gottschalk!

### Walk This Way Walking Club

**Walking is a great form of exercise and it's easy - all you need is a good pair of walking shoes. It's a fun way to spend time with friends or even make some new ones.**

Fit to a "T" is sponsoring a "Walk This Way" walking program. We ask that you keep up with the number of times that you walk during a month on the form provided. For each week that you walk at least 3 days, your name will be entered into a drawing to win a prize. Submit your reporting forms by email to [jrogers@tylertexas.com](mailto:jrogers@tylertexas.com). Winners will be drawn quarterly.



## WINNER OF THE QUARTERLY PRIZE DRAWING