




Heart  
Walk  
2013

The first 100 people to register will receive a Marquette University Employee Wellness drawstring backpack.

All employees will be entered into a grand prize drawing, and five lucky winners will get to choose one of these great prize packages!

## Prize Packages

1. Exercise Band Set, Water Bottle, Swiss Ball
  2. Voucher for 10 week fitness class through employee wellness
  3. Heart Rate Monitor
  4. Heart Healthy Cookbook, Subway Gift Card, Stop and Go Fast Food Nutrition Guide
  5. Heart Healthy Cookbook, Water Bottle, Nutrition Consultation
  6. Yoga Mat, Massage at the MU Rec Facilities, Foam Roller
  7. Yoga Kit (Mat, Blocks & Strap), Guided Meditation Class, Aroma Therapy Candle
  8. Physical Therapy Chair Massage, Guided Meditation Class
  9. First Aid Kit, Roadside Safety Kit
  10. AMU Gift Card, Marquette University T-shirt, Subway Gift Card
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University  
Challenge

Dean's Cup Challenge / Vice President's Cup Challenge:  
A traveling trophy will be awarded to the college and department with the highest percentage of participants.

Five additional winners will all receive a Marquette University T-Shirt.

