



World Health Day - Depression: Let's Walk and Talk

Friday, April 7, 6:30am-9:30pm

Half Acre Recreation & Wellness Center

Who: Free to all University of Wyoming students, staff and faculty

What: 15-Hour walk around the track to promote physical activity and mental health. Sign up individually or as a team to walk for 1-hour (or more)! Prizes will be given away each hour and there will be a new activity to get you moving each hour if you are not walking.

Where: Walk will be located on 3rd floor track with several other activities around the building (see schedule for details).

Why: Physical inactivity is a growing issue in today's society and can contribute to a number of health issues including obesity, heart disease, diabetes, high blood pressure, cancer, depression and anxiety, and much more. Furthermore, physical activity and exercise have been shown to alleviate the signs and symptoms of many disorders and diseases such as depression. Exercise is a medicine that we all need a daily dose of!

Organization/Team: _____

Would your team like to walk (circle one): together for the hour separately throughout the day

If your team would like to walk together, what are the top 3 hours you would like to walk (between 6:30am-9:30pm)?: _____

If your team would like to walk separately throughout the day, please write time of day each individual would prefer to walk next to their names.

Waiver of Liability

Accidents and injuries can and do occur during sport, recreation and exercise activities. Notice is hereby given that the University of Wyoming is not responsible for accidents, injuries and/or illnesses that may be incurred while on and/or during the use of university property; nor is the university responsible for any costs or expenses incurred as a result of any accident and/or injury that may occur on university property. Additionally, I understand the University of Wyoming is not responsible for any items lost/stolen in conjunction with the use of university facilities. I do understand and agree that my use of university facilities and/or services is at my own risk.

Team Leader's Signature: _____ Date: _____

