

# Talon Trot

*Walk for Better Health*

**GET FREE FOOD JUST FOR  
WALKING!**

For Every:

**24**

miles inside

**OR**

**12**

miles outside

Pick from either a voucher for a free 6 inch sub from  
Subway or a voucher for a free coffee!

**January 13 - May 2**

Health Benefits of Walking:

- Reduce risk of heart disease
- Increase your energy
- Improve blood pressure
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well-being (reduce stress)
- Boost your immune system
- Reduce the risk of type 2 diabetes

**A special thanks to ARAMARK for providing prizes!**

**Students, faculty, and staff at UT Tyler are all encouraged to participate!**

Record miles at HPC front desk

Walk indoors using either a treadmill or the  
indoor track

Walk outside and record your distance with a  
pedometer(2,000 steps = 1 mile) or a walking  
app



Prizes are limited to either two sandwiches or  
three coffees per person per semester

If you have any questions  
regarding the Talon Trot then  
please email Heidi Grafton at  
[hgrafton@uttyler.edu](mailto:hgrafton@uttyler.edu)