

## Community Ed Offering at Rush City High School

### **Early Morning Walking**

Did you know that one of the benefits of a morning walk is that it helps an individual maintain excellent health and a strong fitness routine? A morning walk is also good for mental health since it keeps our brains active. It can improve focus, help maintain healthy blood pressure and cholesterol levels, and is the most effective exercise to keep ourselves fit and healthy. We would like you to enjoy walking the halls of the high school without the threat of weather or icy and uneven sidewalks.

The community education program invites you to walk in the Rush City High School building before school begins for the day. Walking hours will begin at 6:30 am Monday-Friday when school is in session. We ask that all walkers be checked out in the office by 7:45 am.

Bring your friends!!

### **Requirements for Morning Walkers:**

All walkers must come to the high school office during school hours to be checked in through our Hall Pass system. This will be a one time event and will need to be done before the first time you join us for **Early Morning Walking**. You will then be issued a walking badge to wear each time you come to walk. The high school office hours are 7:30 am - 3:30 pm. Once walkers have a badge, they will be allowed to begin attending **Early Morning Walking**. Walkers will park in the red area in the back of the school and enter/exit through door #4(see map). Walkers are asked to sign in each time they come to walk on the sign in sheet. If walkers are finished walking before 7:30 am, they will sign out on the same sheet. Any walkers leaving after 7:30 am, will sign out in the high school office with a staff member.

