



Itinerary

Noon Walks

April 17-19
12 – 1 PM

Departing the University Health Center entrance.

(Rain Location: Cole Field House)

Terps Wellness Expo

April 18
5 – 8 PM
ERC – West Gym

Walk & Shake Hands with President Mote

April 16
12:30 – 1:00 PM

Departing Main Administration Bldg.

Free Salsa Lessons

April 19
6 – 7 PM
ERC- Multipurpose Room

Dance Away Stress! Hot Latin Cardio

April 16
7:30 – 8:30 PM
ERC – Aerobics Studio

Think Global! Stream Clean Up

April 19
4 – 5 PM
Meet in Lot SS3

Okinawan Karate

April 17
4:15 – 5:15 PM
Ritchie Coliseum
Martial Arts Room

Walk to Lake Artemesia

April 20
12 – 1 PM
Meet in Lot 16H

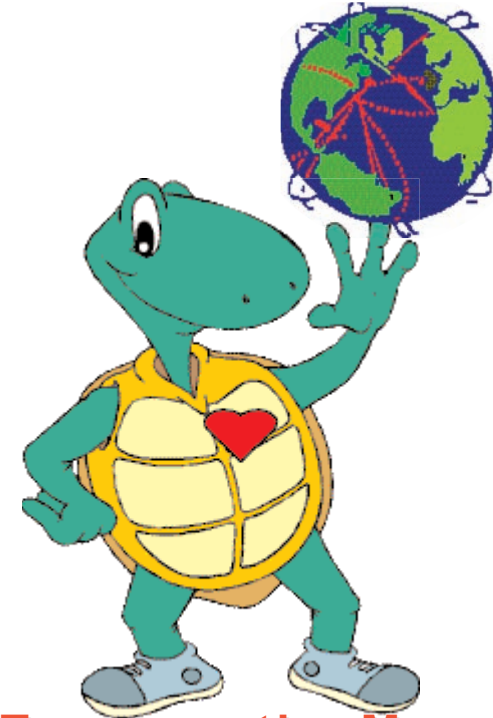
Scottish Country Dancing

April 18
6 – 7 PM
ERC – West Gym

Jog for Justice

April 21
11:30 AM
Registration & race will start in Comcast Lot 9

Passport to Health & Fitness



Terps on the Move

is a program designed to promote physical activity among the University of Maryland Community including students, faculty and staff of all ages, races, genders, and physical capabilities.

All activities are FREE of charge.

Win prizes by joining the Travel the World of Fitness Challenge!

Registration forms and more information on these and other events are available at

www.health.umd.edu/terpsonthemove

Travel the World of Fitness

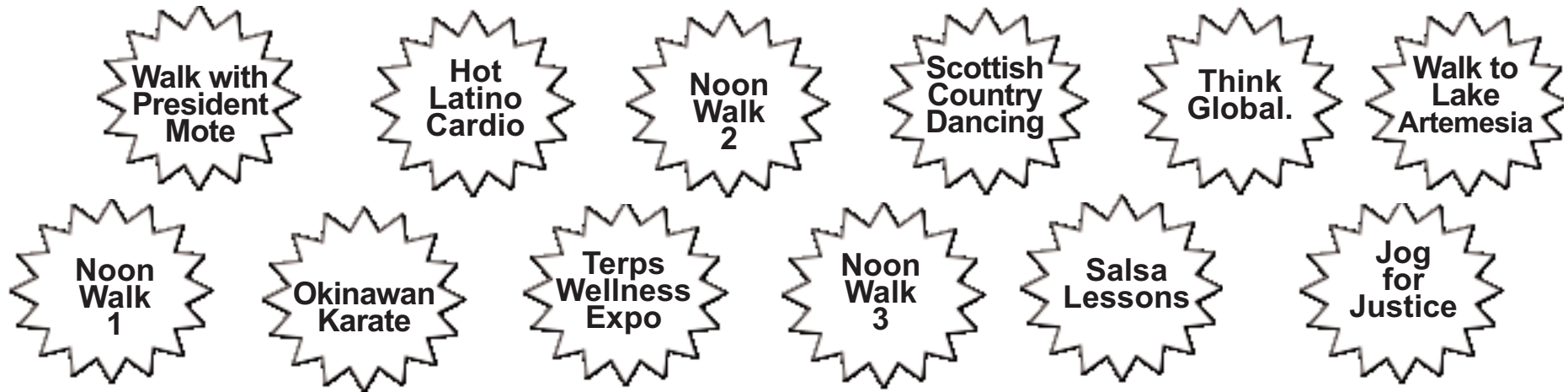
You could win GREAT PRIZES by participating in Terps on the Move Week!

Here's How...

- ❖ Any member of the University of Maryland community (student, faculty, or staff) can participate.
- ❖ Look through the list of Terps on the Move Week activities found at www.health.umd.edu/terpsonthemove and attend at least five of these activities during the week of April 16th – 20th.
- ❖ At the end of each activity have that activity's coordinator initial the appropriate seal on your Passport.
- ❖ Send in your Passport by April 26th to enter the random drawing.
- ❖ Drawing will take place on April 29th. Remember that you're a winner even if the prize goes to someone else because every time you exercise, it's like giving yourself an award!

Fitness Passport

I participated in the following activities between Monday, April 16th and Saturday, April 21th:



Name (Print): _____ Signature: _____ Daytime Phone: _____

I am a: Student Faculty Staff Other: _____ UMCP Department (for Faculty and Staff only): _____

I do agree OR I do not agree to be interviewed about this contest. If agree, list email address: _____

I would suggest that the following activities be sponsored at the next Terps on the Move week: _____

Send Passport to Health & Fitness via campus mail to: Travel the World of Fitness, Center for Health & Wellbeing, 0121 ERC.

Entries must be received by 5 PM on April 26th.