



Walkers,

Welcome to “Step it up: Knights Turn the World Upside Down”. We hope you are enjoying the first week of walking through the. Below you will find some important information for our Spring program!

How to register your steps:

1. Wear your pedometer daily
2. Write your daily steps in your log book
3. **Each week log onto mySNC (located on the top right corner of the SNC home page)
4. Click on “submit walking steps” located under “Additional Options” in the furthest right-hand column
5. Click on your team name and log in your steps for the week

Reminders:

-Please turn in your registration money as soon as possible

For updates, event information, and winner of prize drawings:

-Please be sure to check our facebook page (www.facebook.com/SNChealthandwellness)

-Please be sure to follow us on Twitter @SNChealth

For information on our destinations, links to Study Abroad students' blogs, as well as articles to improve your health and school life:

-Please be sure to check out SNC's Student Health 101 e-magazine by going to www.snc.edu/health and clicking on the Student Health 101 link!

If you have any questions feel free to contact lauren.belanger@snc.edu or call Health and Wellness Services at #3266

Happy Walking,
Lauren Belanger:)