

St. Joseph's High School will be launching Get W.I.T.H. It! (Walking In The Halls) on **November 1<sup>st</sup>, 2011**. It is a FREE, grassroots, community walking initiative that invites everyone to "get with" the benefits of walking during the colder, darker months of winter. This program is endorsed by the University of Ottawa Heart Institute and meets the criteria of a Heart Wise Exercise program. It will run twice a week from **5:30-7:30 p.m.** on **Tuesdays and Thursdays until March break of the 2011/12 school year**. **However, please note that there will be no walking on Thursday, November 10, 2011, due to a school function.** The program is drop in format, so there is no need to pre-register. You can choose from either a light (no stairs), moderate or vigorous walking route options. There will be great music, trained volunteers, and a pedometer lending program to track your progress.

To be a student volunteer to earn your community hours or for more information, please contact Miss O'Gorman at St. Joseph's High School at [jogorman@rccdsb.edu.on.ca](mailto:jogorman@rccdsb.edu.on.ca) or by dropping in to see her in Room 104 or 302!

