

# Capitol Hill Wellness Council

## 2014 Walking/Hiking Group Events

*In Support of Governor Herbert's Choose Health Challenge*



Photo: Rocio Briceño

### Join us as we explore trails near the Capitol!

The Capitol Hill Wellness Council is sponsoring several outdoor events throughout the summer in support of Governor Herbert's Choose Health Challenge. The challenge runs July 1st to September 1st. Our events are scheduled during lunch and are a great way to learn about nearby trails on Capitol Hill. These walks are open to all Capitol Hill employees.

The Governor's multi-week challenge supports state agencies in helping employees practice healthy lifestyles at work. Our walking events are designed to **supplement** the agencies' planned activities during the Choose Health Challenge.

The purpose of the Capitol Hill Wellness Council is to promote the health and well being of our Capitol Hill employees using our resources at hand.



**Great Things Are Done  
One Step At A Time!**



**We will meet at the EAST steps of the Capitol  
(near the Lions) prior to each walk/hike.**

### Upcoming Activities:

#### **Clear the Air / Memory Grove Walk**

Tuesday, July 1, 2014

12:00 p.m.

(Approx. 3.5 miles w/ stairs)

#### **City Creek Canyon Gate**

Tuesday, July 15, 2014

12:00 p.m.

(Approx. 2.5 miles)

#### **11th Ave. & B Street**

Tuesday, July 29, 2014

12:00 p.m.

(Approx. 3.5 miles)

#### **City Creek Canyon Summer Hike**

Tuesday, August 5, 2014

12:00 p.m.

(Approx. 3.5 miles)

#### **City Creek Canyon Midway Hike**

Tuesday, August 19, 2014

12:00 p.m.

(Approx. 3 miles)

#### **Ensign Park Neighborhood Walk**

Tuesday, August 26, 2014

12:00 p.m.

(Approx. 2.5 miles)

#### **Ensign Peak Monument**

Tuesday, September 23, 2014

12:00 p.m.

(Approx. 3.5 miles)

(Some Incline Areas)

Contact the  
Capitol Hill Wellness Council at  
[wellness@utah.gov](mailto:wellness@utah.gov)