


Week of _____

Spring Hill ISD School Health Advisory Committee
FACULTY WELLNESS CONTEST

Name

Campus

Workout Log

Activity		Water
Sun		
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		

Minimum of 4 days for log

to be entered into the drawing

Please email completed forms to shisd.shac@gmail.com by August 1 to be entered into a drawing for prizes at convocation!

HEALTH BENEFITS OF *WALKING DAILY*



Helps in
weight loss

Increases
lung capacity



Improves
heart health

Sugar cravings
are **lowered**



Reduces
chronic diseases

Improves
mood



Prevents
cancer

Prevents
disability in old age



Delays
ageing

Improves
varicose veins



Lowers blood
pressure

Boosts
immunity



Reduces stroke
risk in women

Speeds up
digestion



Decreases
diabetes risk

Reduces
dementia risk

