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05/06/1992 - National Fitness Day May 13

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FOR IMMEDIATE RELEASE:

NATIONAL FITNESS DAY MAY 13

CHARLESTON, IL--Community members are invited to join Eastern Illinois University employees in a noon-time walk in observance of National Fitness Day Wednesday, May 13.

Individuals in the Square area will begin there at noon, walk to Old Main, and return to the Square. Those at Eastern will walk from the front of Old Main to the Square and back.

Anyone wishing to participate can pre-register by calling Eastern's Student Payroll Office, 581-5510, or Special Events Office, 581-2161.

National Fitness Day is sponsored on campus by the College of Health, Physical Education and Recreation and the Office of Human Resources. The Illinois Governor's Council on Health and Physical Fitness is coordinating the event statewide.

Participant ribbons will be given to each person completing the walk.