

Join CNR's  
**"Lucky 13—Lucky U"**  
Summer Shape-U Program!



**When:** 12:00noon—1pm ... Monday—Thursday—Program begins June 1st.

**What:** 3 days of walking / 1 day guest speaker

**Where:** Walking—CNR Library Courtyard / Speaker days—TBA

**Cost:** \$0 ..... but, hopefully a few pounds and inches in unwanted places

**What to Bring:** Sneakers, a smile and a good attitude!!!

**Who:** All CNR staff, faculty, graduate students

**Walk Leader:** Susan Colby, certified Walk/Reebok Instructor & former  
YMCA health & wellness director



"Lucky 13—Lucky U" fully supported by  
Dean Bob Brown

**Sessions dates:** June 1 - August 30 (13 weeks)

**GOAL:** To lose 13 pounds (or more) in 13 weeks!!!

**Certificates awarded in September**

**Team challenges accepted!!! Which department or program  
can lose the most pounds, walk the most miles??**

**Going on vacation???** No big deal!  
**Come find out why?**