



Northern Illinois University
Your Future. Our Focus.

ACSM
EXERCISE IS
MEDICINE®
 On Campus

WALKING CHALLENGE

COME ENJOY WALKING OR WHEELCHAIRING WITH FRIENDS AND PEERS.
 DRAWINGS FOR PRIZES FOR ANYONE WHO PARTICIPATES!

WEDNESDAY, OCTOBER 29

In-Person Participation
 10 a.m.-4 p.m.

Scan here for map location!



IN-PERSON LOCATION

North End of the East Lagoon Near
 College Avenue and Gilbert Way



Parking available in Lot 3 (yellow and blue) and Lot 14 (blue).

Inclement Weather Location: NIU Recreation Center.

OR

Virtual Participation
 10 a.m.-6 p.m.



Submit miles walked or wheelchaired virtually through the QR code on the left. Complete the challenge on or off campus.

Questions? EIM-OC@niu.edu