

Walk with FoodWise



**FOOD
WISE**
Healthy choices, healthy lives.

UW-MADISON EXTENSION

Lessons on how to **eat well**, prepare **delicious foods**, and be **active on a budget**



WHAT TO

EXPECT



Move More: A progressive walking program that increases walking time each week.



Eat Well: Learn about nutrition and how to fuel your body.



Stay Motivated: Gain confidence and support in making movement a habit.

KEY

DETAILS



LOCATION:

Shell Lake High School Track



DAYS AND TIME:

Tuesdays and Thursdays
June 10th - July 17th



9 AM -10:15 AM

Includes lessons, walking, and guided warm-up/cool-down

For more information, contact:

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