UC SANTA BARBARA
THE Current

May 5, 2014
UC Santa Barbara Staff

# Keep Calm and Walk On

Lace up your walking shoes and head outside for some fresh air, fellowship and fitness on Wednesday, May 21. You'll likely have a lot of fun, too.

Keep Calm and Walk On, the fifth annual UC Walks event, commences at 11:15 a.m. on the lawn across from The Arbor. In addition to a 30-minute stroll around campus, UC Walks features a free Fit4Life exercise demonstration and information session. Participants will receive a free T-shirt while supplies last, courtesy of Kaiser Permanente and UC Living Well Optum Wellness.

T-shirts will be distributed, along with tickets for prize drawings, from 11:15 a.m. to 12:15 p.m. The Group Campus Walk will begin at 12:15 p.m., although Campus Walking Trail maps will be available to individuals who prefer heading out on their own.

The event is designed to promote wellness and an active lifestyle by encouraging faculty and staff members, retirees and students to take 30 minutes out of their day to walk. It also builds community and campus spirit throughout the UC system.

Last year, 5,480 people participated in UC Walks, collectively covering nearly 10,700 miles. That's about 2,000 more miles than in 2012, when walkers racked up 8,771.

Optum members who participate in UC Walks on their respective campuses will earn 2,500 incentive points for the UC Living Well Optum Wellness program. Questions about UCSB's activities can be directed to Feras Maidaa at ext. 2870 or Ginnie Thomas at ext. 5520.

## About UC Santa Barbara

The University of California, Santa Barbara is a leading research institution that also provides a comprehensive liberal arts learning experience. Our academic community of faculty, students, and staff is characterized by a culture of interdisciplinary collaboration that is responsive to the needs of our multicultural and global society. All of this takes place within a living and learning environment like no other, as we draw inspiration from the beauty and resources of our extraordinary location at the edge of the Pacific Ocean.