




UNH News Release: Healthy UNH Celebrates Walk NH Week 2013 With June 5 Event



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May 22, 2013

Healthy UNH Celebrates Walk NH Week 2013 With June 5 Event

DURHAM, N.H. – On Wednesday, June 5, 2013, the University of New Hampshire will celebrate Walk NH Week 2013 with a walk around the UNH campus and town of Durham. UNH will join other groups from throughout New Hampshire in recognizing Walk NH Week 2013 by holding a community walk, open to all, during the first week of June.

Walk NH Week is an event designed to encourage people of all ages to get out, get moving and participate in a one to three mile community walk. Several years ago, Governor John Lynch proclaimed June 1-7 as Walk NH Week, as a way to promote walking and help keep New Hampshire residents on a healthy path. The goal of Walk NH Week is to inspire participants to continue walking as part of a healthy lifestyle long after the June event's end. This yearly event aligns with the work of Healthy UNH, an initiative on campus working to make UNH the healthiest campus community in the country by 2020. One focus of Healthy UNH is to encourage people to get active.

The UNH walk, organized by Healthy UNH, campus recreation, and health services, will take place from 11:30am-1:30pm. Participants should gather on Carpenter Plaza in front of the UNH Whittemore Center Arena at any point during this time to participate in this year's walk. In case of rain, the event will be moved inside the Whittemore Center. To register for the walk, please visit www.unh.edu/healthyunh/walknh. Registration will also be available on the day of the event.

For more information, contact Kimberly Persson at 862-2493 or kimberly.persson@unh.edu, or visit Walk NH's website at www.WalkNH.org.

The University of New Hampshire, founded in 1866, is a world-class public research university with the feel of a New England liberal arts college. A land, sea, and space-grant university, UNH is the state's flagship public institution, enrolling 12,200 undergraduate and 2,300 graduate students.

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