

TAKE A BREAK TO MOVE, UCLA HEALTH!

9th Annual UC Walks Wednesday, May 16



Join faculty, staff and the entire UCLA community for this UC wide walking event. Registered walkers will be entered to win prizes and receive a ***FREE UC Walks T-shirt*** at check-in!

**While supplies last - must be present to receive t-shirt*

Westwood [REGISTER HERE](#)

Start times: 12:10 & 12:20pm

-  Ronald Reagan Medical Center
-  Wilson Plaza

FPG & SMH [REGISTER HERE](#)

Start times: 11:35AM & 12:05PM

-  FPG- Hilton Alley
-  SMH – 15th Street Garden

Walkers must present
registration form at check-in.

#UCWALKS

True Bruin Move & Groove Virtual 5K May 12 – 20



Since it's virtual, you can participate from anywhere! Walk or run your 5K at any time during the week of May 12-20 and simply track your 5K using a tracking app & submit a screenshot. Paid registrants will receive a T-shirt, medal, and a goodie bag.

[REGISTER & PAY HERE](#)

Cost: \$25 (does not include shipping)

Registration Deadline: May 19

Visit the [Virtual 5K Website](#) to learn more, read the rules, see the award categories, get training tips and much more. More questions? Go directly to the [Virtual 5K FAQ's](#).

#UCLAVIRTUAL5K

Be sure to [upload your photos](#) to share on UCLA Health social networks.

Download the UCLA Walks App [here](#) for iPhone and [here](#) on Google Play

Download the UCLA Walks App

The UCLA Walks app serves to further UCLA's mission to foster health and wellness in the community, and complements the UCLA Wellness and Healthy Campus programs.

UCLA Walk Features:

- Start walking and track your path, time and distance travelled.
- Walking Maps are available to guide you which are arranged nearest your current location or total distance.
- Routes and Points of Interest show you what's along the way.
- Your Health lets you see how much Health Points you've earned and view your past walks.
- Leaderboard helps you stay motivated.

Take UCLA Walks for a stroll. It's so easy! Just start walking and the app will track your walks every time. Explore the community with guides maps. And it even works while your phone is in your pocket so you can simply enjoy the scenery.

